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YOGA POSES THAT WILL PAY YOUR BODY BACK AS YOU AGE

As we age, we often lose flexibility. It can make stretching harder—but also more important. "It's funny how simple yoga poses can change your life," says Janice Lennard, a yoga and Pilates instructor based in Rancho Mirage, Calif. "You hold your body straighter and move more easily, and it puts your mind in a happy place." A 2019 analysis of nearly two dozen studies found that older adults who practice yoga report better balance and flexibility, and even improved mental health and sleep.

As a lifelong yogi, Janice knows that a flexible body is just as important as having flexibility in your Medicare plan. Blue Cross Blue Shield Companies offer a number of Medicare options that support her health journey, so Janice can have a say in how she lives and cares for herself. Support your own health and flexibility by incorporating these four yoga poses into your morning routine:

Standing Forward Bend: Stand straight up, with your feet slightly apart. Bring your arms straight up, fingers pointing at the sky. Slowly bend forward at the waist, opening your arms to the side and then down, bringing them together on your calves. Stretch to reach your ankles or place palms flat on the ground if it feels comfortable. Hug your legs closer to increase the stretch on your lower back and hamstrings.

Standing Split Pose: Stand straight up with your feet together. Shift your weight onto your right foot. While keeping your back straight, bend forward and raise your left leg behind you. Keep the leg straight or with a slight bend. As you pivot forward, keep your shoulders square and try touching your fingers to the floor. Lean further into your hands slowly, if it feels comfortable. Hold for 15 to 30 seconds before returning to standing. Repeat on opposite side.

Upward Dog: Lie face-down on a mat with legs straight and tops of your feet on the mat. Place hands on the mat, halfway up your ribcage. Inhale, press hands down, and slowly lift your upper body off the mat as you exhale. Draw shoulders back and press the tops of your feet into the mat. Slowly ease into the stretch. Your knees may lift off the mat. Upward Dog stretches your chest and abdominal muscles.

Tree Pose: Stand with feet together and palms in prayer position at the heart. Slowly raise one foot and rest it on the inside of the opposite calf or thigh. For an added challenge, raise arms above your head and stretch hands toward the ceiling. Hold for 10 to 20 seconds. Repeat with the other leg. Tree Pose is good for stretching your hips, knees and shoulders.

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Source: International Journal of Behavioral Nutrition and Activity

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No More Fat-Free Diets!
Amen to that—and other insights from covering 3 decades of food trends and nutrition science.
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Join the celebration, starting on page 57

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Brew up a batch of immune-bolstering tea *(p.13)*, find out which foods can help keep your mind sharp *(p.16)* and have a laugh *(p.22)*. Plus, we show you 5 ways to make your kitchen as colorful as you are *(p.18)*.

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SEPTEMBER ISSUE CORRECTION & A CLARIFICATION

The correct yield for the "Balls of Energy" recipes (page 74) is 32 balls.

In "The Plant Prescription," on page 73 "calcium score" refers to coronary calcium scan results, not blood calcium level.

COVER PHOTO: RYAN LIEBE • STYLING: SIMON ANDREWS (FOOD), PAIGE HICKS (PROPS) • **COVER RECIPE:** PAGE 98
PREVIOUS PAGE: JENNY HUANG • STYLING: TYNA HOANG (FOOD), SOPHIE LENG (PROPS) • **RECIPE:** PAGE 91
THIS PAGE: TED & CHELSEA CAVANAUGH • **RECIPE:** PAGE 106

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2005 ***(left)*****: Maggie, Caleb and Emma Ruopp (the author's kids) were game to come to the *EatingWell* office to taste whole-wheat pasta for the February/March issue. Family, friends and acquaintances were often tapped to help out for the "EW Taste Test" column. 2018** ***(above)*****: At Caleb's wedding in Vermont, twins reversed. (Wendy is camera-shy, but you can see an illustration of her, with a favorite salad recipe from 1998, on page 84.)**

Meanwhile, 168 Issues Later...

As the managing editor, I'm usually behind the scenes, moving the pieces around and minding the commas. But since I'm the only original *EatingWell* staffer who's still working here, Jessie Price, the usual author of this page, offered me the chance to say a few words about the last 30 years. I'll save most of them for my retirement-party speech (no time soon, I hope), but here are some things I remember.

Thirty years ago, as we were getting ready to launch the charter issue of *Eating Well*, I was very busy—having twins. My daughters turned 30 this May and I'm still very busy helping to produce the next issue of *EatingWell* (we lost the space between the words along the way). The magazine you're reading right now is number 168 of my career.

In the beginning I didn't realize it was going to be a career. I still thought I might use my master's in counseling more than my bachelor's in English Lit, but it's often been the other way around. (There's a lot of active listening involved when editors need to talk through their feelings about meeting a deadline.) I started out as a typesetter who couldn't help copy editing while I was at it; I've used a purple pen to mark changes ever since (every editor has always had their own color, so you know whose marks are whose). Going back through the files to find old Test Kitchen reports for recipes we're revisiting in this issue, I could still recognize people's pen colors. Geez, I feel like my own grandmother: "Everything used to be on paper and now..."

Over the years, I've copy edited almost 9,000 recipes. I've tasted almost all those recipes, too, since they're tested in-house. Being fed by our Test Kitchen is one of the most-envied perks of working here. The fabulous cooks make everything at least three times, to be sure the recipes won't disappoint. My kids have fond memories of coming to the old *EatingWell* office on no-school days when they were young and being treated to delicious tastes in the kitchen. I used to avoid some offerings—anything with olives, beets, cilantro—but decades of repeated exposure mean I now happily eat anything the testers share. That's the *EatingWell* mission in action: helping people embrace the joy of eating healthier.

Why is that our mission? Partly it had to do with the fact that we started here in Vermont, in modest offices just across Lake Champlain from the Adirondacks. Our current spot is bumped up next to an artisanal pizza restaurant, a microbrewery, a distillery, a tortilla maker and a company making Scottish shortbreads. Within just a 5-mile radius you'll find local grains growing for beer, a vineyard, a tank-based shrimp farm, the best Cheddar in America according to the American Cheese Society, berry farms, an apple orchard, regeneratively raised cows and the list could go on and on. Clearly it's very easy to eat well here and it has been for a while.

Back in 1990 lots of us already belonged to CSAs, and the Burlington Farmers Market had been thriving for a decade. The first microbreweries were beginning to appear (Vermont Pub & Brewery in 1988, Long Trail in 1989, Magic Hat in 1994); now Vermont boasts more than 50. Things were farm-to-tabling here ahead of many other places, and so we were among the first magazines to write about where our food comes from.

Every issue represents the work of dozens of people—our lean and hardy band of editors, designers and recipe developers here in Vermont, plus colleagues in New York, Des Moines and Birmingham; if I tried to name them all, the wrap-it-up music would play me off long before I finished. I can't believe this is the fifth issue we've produced since the pandemic sent everyone to work at home, even the recipe testers, but we're carrying on. (Much harder to taste recipes remotely, though, sadly.) My purple pen may be virtual for now, but I'm proud to still be making a mark.

*—**Wendy Ruopp**, managing editor*

LEFT: KEN BURRIS; RIGHT: COURTESY KERI BAZINET

Tangy citrus and spicy jalapeños

create the kind of tension you can cut with a pizza wheel

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WE ASKED YOU:

What's your favorite *EatingWell* recipe of all time?

Hard to pick one. But, the **Zucchini Noodles with Avocado Pesto & Shrimp** is one of my most frequently made. Always gets rave reviews. —*Donna Hollis*

Multi-Bean Chili. I make it year-round—even won a chili cook-off contest with it. —*Julie Padela*

Your very first published issue 30 years ago had **a recipe for salmon** that was seared, then roasted. That dish made me both a salmon lover and an *EatingWell* fan for life. —*Linda Marlene Stubblefield*

Bok Choy-Apple Slaw from August/September 2006. Made it countless times since then! —*bmcloughlin854*

The **Spanakopita Grilled Cheese Sandwich** is to die for. —*Amanda Coelho*

Italian Turkey Meatballs. The addition of celery, onions and mushrooms to the meat base helps sneak veggies into a well-loved staple in our house. —*Lee Allen*

Loaded Cauliflower Casserole!!! —*jquelyn613*

WHAT'S TRENDING ON EatingWell.com

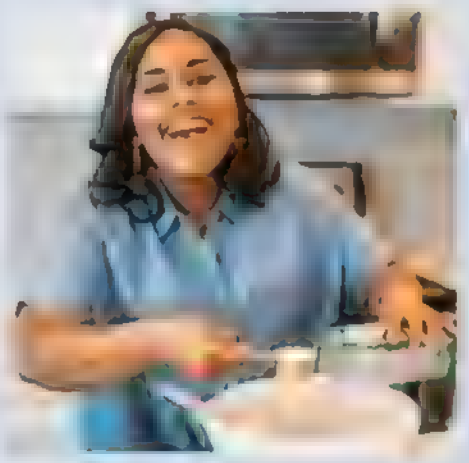
The Best Slow-Cooker Soups Try our always-popular Slow-Cooker Mushroom Soup with Sherry (*shown*) or Slow-Cooker White Bean, Spinach & Sausage Stew, to name a few. *EatingWell.com/SlowCookerSoups*

11 Ways to Roast Pumpkin Seeds Learn how to prepare sweet and savory versions of this seasonal treat. We recommend: Pumpkin Seeds with Everything Bagel Seasoning. *EatingWell.com/PumpkinSeeds*

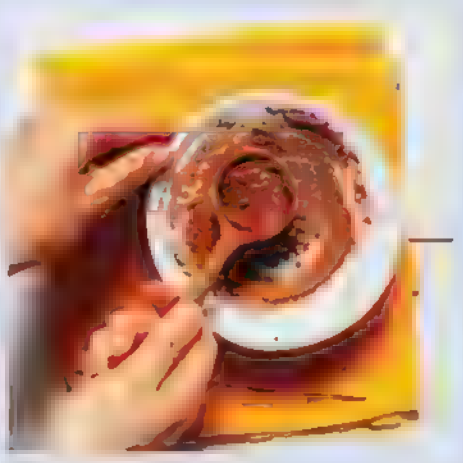
Whole Food Challenge Join our 30-day plan to eat more fruits and veggies and fewer processed foods—and get a month of healthy dinner recipes. *EatingWell.com/WholeFoodChallenge*

THE EATINGWELL GOOD-LIFE GURUS

Follow these Instagrammers for your pumpkin spice fix, Halloween ideas and more fall fun.



@allthehealthythings
A former lawyer, **Ashlea Carver** Adams started her blog All the Healthy Things as a creative outlet. Now, her full-time job is sharing her mouthwatering, gluten-free recipes with fans. On our list to try: her Gluten Free Apple Cinnamon Muffins and Easy Pumpkin Chili.



@minimalistbaker
Readers love **Dana Shultz**'s blog for her simple recipes that are either 10 ingredients or less, made in one bowl or take under 30 minutes to whip up (or all three). Add a fall filter to that and you've got her DIY Pumpkin Pie Spice recipe. Try it in everything from lattes and smoothies to pancakes and popcorn.

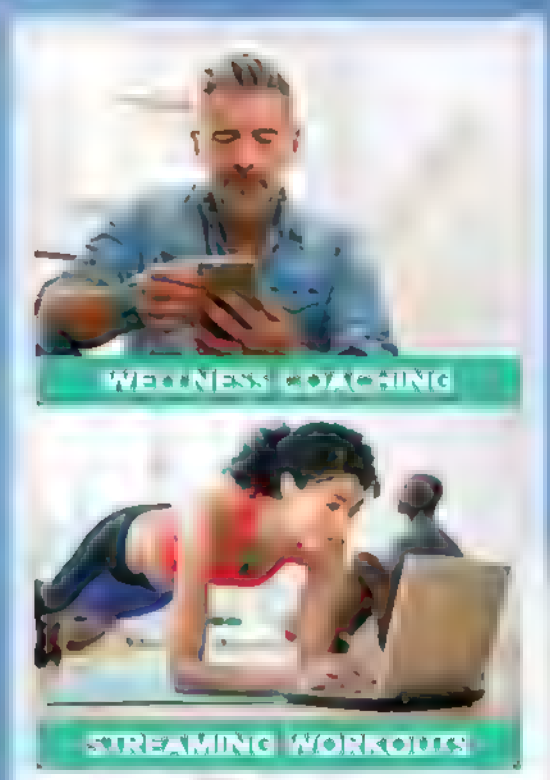
@laur_akins
Humanitarian and author **Lauren Akins** is a *huge* Halloween fan. Every year, she and her husband, country music star **Thomas Rhett,** host a massive banquet at their family farm. And Lauren shares all the behind-the-scenes photos on Instagram: corn maze, spiders on the roof and spooky food included. Her family's group costumes are also worth the scroll through her feed to see, like last year's *Wizard of Oz* get-ups.

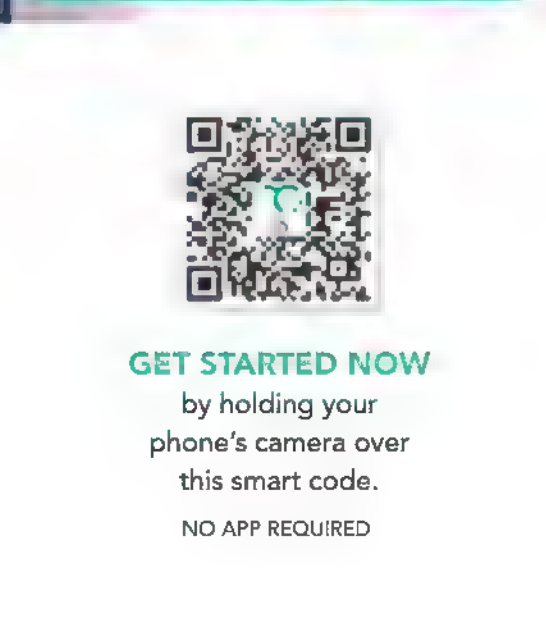
What's in your fridge's veggie drawer right now?
Tell us for a future issue and send a photo to editor@eatingwell.com.

VICTOR PROTASIO INSETS DANIELLE RILEY, DANA SHULTZ, LAUREN AKINS/ INSTAGRAM

4YOURHEALTH

4 Your Health fits into your life, not the other way around





4YOURHEALTH
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GOOD LIFE

BREWING IMMUNITY

FRESH IDEAS FOR EVERY DAY

Teas have been used in Eastern cultures for medicinal purposes for centuries. And a growing body of research suggests that regular tea consumption may indeed offer a range of health benefits, including fending off colds and flu. Teas made from the *Camellia sinensis* plant (such as black, green and oolong) are rich in polyphenolic compounds that reduce oxidative stress and inflammation in the body and help regulate the immune system. A study published in the *Journal of the American College of Nutrition* found that tea—specifically green tea—could play a role in preventing cold and flu infections and shorten their duration among those who do get symptoms. Combine tea with other plants that have shown promise for immunity—such as elderberries, hibiscus and rose hips, which are all high in polyphenolic compounds and other antioxidants—and you just may have the recipe for a soothing, health-bettering brew. Try this recipe from Claudia Butler, an herbalist, tea blender and owner of Ambrosia, a spice and tea store on Nantucket Island. *—Jen Laskey*

Ambrosia Hibiscus Blend

This recipe lets you make as much as you want—each "part" could be a teaspoon or a cup.

Combine 2 parts each **dried hibiscus flowers** and **loose black tea,** such as keemun, and 1 part each **dried orange zest, rose hips, rose petals** and **dried berries** (elderberries, cranberries *and/or* blueberries). For each 8-oz. cup, steep 1 Tbsp. of the blend in boiling water for 4 to 5 minutes.

TED & CHEF

For a recipe from Curry's new book, scan this smart code with your phone's camera.

Table Talk with Ayesha Curry

The restaurateur, chef and best-selling author recently released her second cookbook, *The Full Plate: Flavor-Filled, Easy Recipes for Families with No Time and a Lot to Do*. Here, she shares her inspiration for starting a nonprofit for food-insecure kids (with her husband, basketball phenom Stephen Curry) and the one kitchen item she can't live without. **By Tina Caputo**

Finish this sentence: To me, cooking is...
My love language.

What's a kitchen tool or gadget that you can't live without? It would probably be my Dutch oven. It's the perfect vessel to build flavor and cook things low and slow.

If you could have dinner with anyone, who would it be? Queen Elizabeth. I have a weird obsession with the Royal Family, so that would be a real bucket-list experience.

What inspired you to start the Eat. Learn. Play. Foundation and how has the pandemic impacted the need for healthy food? For the past 10 years, Stephen and I have been lucky to call the San Francisco Bay Area and the city of Oakland our home. Our adopted hometown is a diverse city with a lot of poverty and a lot of need. When we launched Eat. Learn. Play. in 2019, 29% of Oakland residents faced food insecurity and more than 18,000 Oakland Unified School District students relied on school programs for two or three of their daily meals. Trying to eliminate hunger in Oakland, and making sure that 100% of the city's residents have access to fresh, nutritious food is a major goal of ours.

We could never have predicted when we started that a crisis of this magnitude would hit just a few months later, but we're grateful that we were in a position to quickly scale up to meet the needs of our community. We're currently serving 800,000 meals a week through partnerships with organizations like the Alameda County Community Food Bank and chef José Andrés' World Central Kitchen. We've also been able to partner with more than 125 local restaurants to produce those meals, so they can stay open and keep their staff employed.

At *EatingWell*, we're all about balancing eating deliciously with being healthy. How do you walk that line? There's a common misconception that food has to be unhealthy to be delicious. That is not at all the case. Building flavor doesn't always have to be done with fat or salt; flavor can and should come from layering spices, citrus and herbs. Delicious food can be healthy, and healthy food should be delicious.

What is always in your fridge? The kids love to snack on fruit, so I always keep some berries on hand—and whatever else is seasonal. I also typically have lemons and limes, and some basic herbs, which are my go-to ingredients to elevate a dish.

What do you typically eat in a day? On a normal weekday I eat pretty healthy, lots of veggies, protein and whole grains. I always start my day with coffee, and typically will indulge in a cocktail or a glass of wine while I'm cooking dinner for the kids.

What is your go-to burger, toppings and everything? Give me a classic In-N-Out cheeseburger with grilled onions all day.

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This Is Your Brain on Plants

New research suggests that what you eat could play a significant role in mental function. Find out which foods are true brain foods. **By Suzanne McElfresh**

NEED MORE INSPIRATION?

Try this memory-boosting meal plan: *eatingwell.com/memorymealplan*

Nearly half of Americans 50 to 64 say they fear developing dementia, and more than a third confess taking unproven remedies—such as ginkgo biloba and vitamin E—in hopes of staving it off, according to a recent survey. While there are no current medical treatments to prevent or delay the disease, one-third of Alzheimer's cases worldwide are attributed to modifiable risk factors like blood pressure, physical activity and diet. And recently, research has shed new light on the eating habits that could help keep you sharp.

ILLUSTRATION BY CLAUDI KESSELS

THE MEDITERRANEAN DIET

A recent analysis led by scientists from the National Institutes of Health looked at data from nearly 8,000 older adults over 10 years and found that those who most closely followed a Mediterranean-style diet—which emphasizes vegetables and fruits, whole grains, nuts, legumes, fish and olive oil, along with lower consumption of red meat and alcohol—had the lowest risk of mental impairment. High fish and vegetable consumption (around two weekly servings of fish and at least two veggie servings per day) was found to be particularly helpful for protecting cognitive function. And these benefits rang true even for those genetically predisposed to Alzheimer's, the most common cause of dementia among seniors.

This study adds to the growing list of research that supports the brain-bolstering power of a Mediterranean-style diet rich in omega-3 fatty acids and disease-fighting antioxidants. And it makes sense: an eating pattern that has been well documented to be good for your heart would also benefit the brain. Both rely on a healthy network of blood vessels to stay in top shape.

FLAVONOL-RICH FOODS

Unstable molecules, called free radicals, can cause cellular damage and are thought to be a factor in a host of conditions, including dementia. New research suggests that flavonols—phytonutrients found in many plants—can protect our brains from this so-called oxidative stress. The study, published in the journal *Neurology*, is the first to link this compound to reduced Alzheimer's risk in humans. Researchers looked at the diets of seniors participating in the ongoing Memory and Aging project and found that, when factors like education, physical activity and medical history were accounted for (all of which can impact dementia risk), those with the highest flavonol intake had a 48% lower risk of developing Alzheimer's than those with the lowest intake. "Flavonols act as antioxidants and anti-inflammatories," says lead researcher Thomas Holland, M.D., M.S., of Rush University Medical Center in Chicago. "And that's going to reduce damage to healthy brain material and other tissues."

So what's a healthy dose? Around 15 mg of flavonols a day, equivalent to eating about 1 cup of raw leafy greens, 2 slices of tomato and ½ cup of cooked vegetables like broccoli. But there are plenty of flavonol-rich foods to choose from. Other top sources include grapes, beans, pears and extra-virgin olive oil.

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Scale Up the Color

When Atlanta-based interior designer Gina Sims learned that the owner of the kitchen shown above loved green—in particular, the varied shades of succulent plants—she went to work incorporating different tones of the hue into her renovation. Whether you want to go all in or just add a few little pops here and there, Sims has five ideas for adding color to your kitchen.

1 **Install a Bright Backsplash** It's the showstopper in this kitchen (and both the homeowner's and Sims' favorite design element). "White subway tile is fine, but a colorful backsplash makes a big impact and is a great way to bring personality to a space," Sims says. "There are so many different shapes of tile, and you can play with patterns, or opt for tiles with a fun print." And because it's a fairly confined area, you can go bold without making the whole room look too loud or busy.

Play with Paint (or Peel-and-Stick Wallpaper) Looking for a safer (and more budget-friendly) way to make a splash than a backsplash? "Painting your island's cabinets is a great place to start," says Sims. (She recommends a semi-gloss paint, so it can be easily wiped down.) If you're happy with that change, consider moving on and painting the rest of your kitchen cabinets. A popular trend right now is uppers that are painted a lighter color than the lowers. If you're leery of taking a brush to your nice wood cabinets, Sims has another trick: "Try a peel-and-stick wallpaper on the back of cabinets with glass doors."

Roll Out the Red (or Purple) Carpet An often-overlooked way to introduce color into any room is adding it to the floor. Sims ordered several vintage rugs for the homeowner to try out. (Buying a few—keep those return receipts!—lets you see each one in the space and decide what you like best.) Ultimately, Sims says, "She had a sweet spot in her heart for this purple and green combination." Look for flat-weave rugs, or indoor-outdoor versions, both of which are easier to clean than something with a higher pile. And opt for a rug with a pattern to help hide stains. If the rest of your room is pretty neutral, add some other accents (see below), so not all of the color is on the floor.

Swap Out Your Hardware New knobs can give your kitchen a totally different look in the hour it takes to install them, notes Sims. (As can adding hardware to bare cabinets.) She chose copper drawer pulls for this kitchen, inspired by a copper clock the homeowner already had. But there are endless colorful options out there, from glass and ceramic to leather-covered.

5 **Accessorize** Color shy? Adding small accents all in one shade—so it looks considered—is a great way to dip your toes into the trend, says Sims. Here, a Dutch oven, canisters and various plants all speak to the homeowner's love of green. The more you experiment with color, the more confident you will become with your own tastes. "Most of my advice," says Sims, "is 'just go for it!'"
—Lucy M. Clark

GINA SIMS DESIGN, CATI TEAGUE PHOTOGRAPHY

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Happy Howl-oween!

Adding a dollop of pumpkin to your pup's bowl could have surprising health benefits. **By Tina Caputo**

Pumpkins aren't just great for jack-o'-lanterns and Thanksgiving pies. Many veterinarians recommend adding the fruit (yes, winter squash is technically not a veg) to Bowser's bowl to address issues such as digestion, weight management and diabetes. While pumpkin won't prevent doggie health problems, it's often used to help treat them. And it's nutritious: pumpkin is a great source of vitamin A and potassium (important for a healthy coat, muscles and kidney function) and is also relatively high-fiber.

Ana S. Grum, D.V.M., Ph.D., a carnivore nutrition specialist in the animal sciences department at Ohio State University, spent four years working with colleagues to create home-cooked food for dogs with various medical conditions—and often mixed in canned pumpkin. She found it to be particularly helpful for improving gastrointestinal issues. In cases of diarrhea, "the pumpkin's fiber acts like a sponge," says Grum, "sopping up water and helping the stool become more firm."

It can also soothe upset tummies. "It's most useful for cases of what we call 'dietary indiscretion'—meaning the dog has eaten something it shouldn't have," says Yvonne Stemwedel, D.V.M., of Adobe Animal Hospital in Petaluma, California. The pumpkin's fiber keeps good gut bacteria flourishing and multiplying, adds Grum, which can help reduce inflammation, discomfort and indigestion.

Pumpkin's nutrient profile also makes it ideal for weight management. Grum explains that because mammals—including dogs—don't have the intestinal enzymes to digest most dietary fibers, the pumpkin moves through the GI tract without breaking down, so it doesn't add calories to the canine's diet. Plus it helps the dog feel full, so he's likely to eat less. And for pups with diabetes, the pumpkin's fiber can slow sugar absorption from their regular food, preventing blood sugar spikes.

When adding pumpkin to your pooch's diet, nutrition experts recommend the unseasoned, unsweetened canned variety or fresh pumpkin that has been cooked and mashed. (Resist the temptation to repurpose old porch pumpkins; they can be moldy inside.) Feeding your dog raw pumpkin is also a no-no—it can actually irritate the stomach—as can pumpkin pie filling, which includes sugar, sodium and spices.

Plain cooked pumpkin is generally considered safe for dogs and is unlikely to cause harm with long-term use, but it's always a good idea to consult your vet before embarking on a new doggie diet—especially if your pooch has a major medical concern, such as diabetes. Grum recommends mixing pumpkin into your pet's food twice a day and starting small: 1 teaspoon for small dogs (5 to 24 pounds), 1½ teaspoons for medium dogs (25 to 49 pounds), 2 teaspoons for medium-large dogs (50 to 74 pounds) and 1 tablespoon for dogs 75 pounds and up. If the pup's condition doesn't improve after a few days, it's OK to add another teaspoon per meal, but Grum advises against exceeding 4 teaspoons per meal for dogs under 75 pounds. Too much pumpkin can have the opposite GI effect, causing diarrhea or uncomfortable gas.

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In Defense of Candy Corn

As far as Halloween treats go, it is easily the most divisive and possibly the least delicious. But hear me out on why candy corn still belongs in the compendium of trick-or-treat candy. **By Meg Favreau**

I would argue that a poll is the worst way to discover that people dislike you. Individual criticisms sting, but you can blame them on personal taste. However, if you do badly in a poll, there is no good way to explain it away: a bunch of people think you suck, bro.

That would be you, candy corn. In a 2019 poll by CandyStore.com, candy corn was voted *the worst* Halloween candy. Worse than Tootsie Rolls, which are what happen when the ghost of chocolate possesses a piece of taffy. Worse than black licorice, which is seemingly only enjoyed by my husband and his hearty Scandinavian brethren. Heck, candy corn was even voted worse than *circus peanuts*, those pastel-orange horrors that I strongly suspect are spray-painted upholstery foam masquerading as candy.

I'll admit that I'm a candy corn apologist. I like the flavor (which, as far as I can tell, is "sugar") and its poppable size. It also has a great Goldilocks texture—soft enough that you can bite into it, but not so sticky that you have to schedule a dental cleaning to pry it out of your teeth. (I'm looking at you, terribly named Sugar Daddy.) I even appreciate the vaguely waxy mouthfeel candy corn leaves behind. It's like receiving a tacky sweater from a distant aunt every Christmas: sure, you don't exactly enjoy it, but it's comforting that it shows up every year.

Don't worry—I'm not here to convince you to rethink your stance on candy corn. I hate when people get annoyed that other people don't like the same foods as them—as if the way something tastes is a choice and not genetics. Nor am I going to claim that candy corn is an acquired flavor like coffee or beer, imploring you to stuff your mouth full of kernels until you finally *get it* and can join the cool crowd of candy corn lovers.

No, I believe we need candy corn for reasons that have almost nothing to do with taste.

First of all, we need to respect our sugary elders. While we might prefer Kit Kats and Starburst, candy corn has been around longer than them all—created by George Renninger of the Wunderlee Candy Company back in the 1880s. To put that in perspective, Milton Hershey didn't start manufacturing his ubiquitous Hershey's Bar until 1900. M&M's didn't show their little m's until 1941, Twix didn't snap until 1967 and Nerds didn't tumble out of their boxes until 1983. Sure, just because something is old doesn't mean it's good (if it did, we'd all still be wearing buckle shoes and putting asbestos in our ceilings). But even if you don't think candy corn has a place in the modern candy pantheon, it at least provides confectionary context, reminding us how far Halloween candy has come—and to be grateful for every Snickers we get.

Then there's the visual aspect: candy corn is the only Halloween candy that actually makes an effort to look seasonal, other than the occasional bat-shaped Reese's. That means that candy corn is both uniquely identifiable as a) candy and b) *Halloween* candy, without needing the word "fun size" or to invoke any brand names. If you receive a party invitation decorated with candy corn, you know exactly what it's supposed to be and what holiday it's celebrating. Other Halloween candies? Most look like ... well, you know what it would look like if this essay was illustrated with a bunch of unwrapped miniature candy bars.

Perhaps most importantly, we need candy corn to be exactly what it is—stodgy, disliked and weird. Every sitcom needs an Urkel, a Kimmy Gibbler, a Dwight, a character who we love to hate, who can be the butt of our jokes and make everyone else look good by comparison. When our kids dump out their Halloween hauls and complain about the Good & Plentys they got, we can look at them sympathetically and say, "At least it's not candy corn." (While also using the moment to distract them from the Kit Kats we're stashing away for ourselves.)

And hey, if you're still not convinced that we need candy corn, that's fine. You can send it all to me.

MEG FAVREAU *is a Los Angeles-based humor writer and food enthusiast.*

ILLUSTRATION BY GEMMA CORRELL

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Scrambled

When COVID-19 hit the U.S., grocery stores faced huge shortages, while farms dealt with surpluses. What the heck happened?
By Nadia Berenstein

It seemed to arise all at once. California came first on March 19, followed closely by Illinois, New York and Oregon. By early April, most states had closed down nonessential businesses. At least 90% of Americans were living under stay-at-home orders.

In those first, anxious days, you may remember waiting in long lines outside the supermarket, only to find the shelves picked bare of necessities: canned beans, pasta, nut butters and toilet paper. Many stores placed quotas on items like milk, bread and cleaning supplies.

Eggs were a particularly hot commodity. By the beginning of April, retail demand had soared 70% above normal, and grocers scrambled to keep them in stock. But there was only so much they could do. "You can beg and plead all you want, but the hens aren't going to start laying more eggs," said Marc Dresner, director of marketing and communications at the American Egg Board.

It was around this time that Joshua Zimmerman, an egg farmer in Pennsylvania's Lehigh Valley, received the call he'd been dreading. His Wind Crest Farm sold about 76,000 eggs a day to a company that processed them for use in restaurant kitchens, cruise ships and hotels. With eateries shuttered and travel halted, the company was canceling half its order. He would have to find another outlet for those eggs or face euthanizing many of his 80,000 birds.

"This was my only source of income," says Zimmerman. Without some sort of assistance, his family's finances would become substantially more precarious. Zimmerman was not alone. Even as supermarket shelves emptied and demand at food banks surged, farmers across the country faced surpluses—forced to dump millions of gallons of milk, plow unharvested lettuce, peas and potatoes into compost, and euthanize their animals.

To many of us seeing images of this destruction in the news, it was upsetting—and baffling. How could eggs be in short supply at the store while farmers struggled to sell their surplus? How had the supply chain broken down?

THE CHAIN GAME

The first thing to know is this: there is no single food supply chain. There are supply *chains*—plural. In the U.S., most of our food reaches us through two separate channels: the retail supply chain that stocks our supermarkets and the food-service supply chain, which provides the food for restaurants, cafeterias and institutions like hospitals and prisons. And the two have increasingly diverged since the 1960s, as the industrial food system grew and flourished. The era of big food requires big logistics—technology and infrastructure that can safely move fresh food across the country and around the world—and specialization, with networks evolving to meet the distinct needs of supermarkets, food processors and commercial kitchens.

What this has meant for most Americans is plentiful food at relatively low cost, all provided by a system as pervasive and unremarkable as the refrigerated Sysco truck barreling down the interstate highway.

So unremarkable, in fact, that we've hardly had occasion to wonder whether the eggs in our unlimited-mimosa brunch omelet came from the same hens as the eggs we scrambled for breakfast at home—until state shutdown orders threw these orderly networks into disarray. "We saw two distinct demand shifts early on, in middle-to-late March, in opposite directions," explains Jayson Lusk, head of the Agricultural Economics department at Purdue University. There was, he says, "an almost complete elimination of demand for food away from home, and a corresponding spike in

(continued on page 27)

LEVI BROWN/TRUNK ARCHIVE

We've hardly had occasion to wonder whether the eggs in our unlimited-mimosa brunch omelet came from the same hens as the eggs we scrambled for breakfast at home—until state shutdown orders threw these orderly networks into disarray.

(continued from page 24)

demand for food in the at-home market."

As eateries and school systems canceled orders, everyone downstream on the food-service chain was left in the lurch. Many distributors saw sales drop between 60 and 90%. Storage facilities filled with unsold inventory. Farmers, who plan harvests far in advance, were left with perishable food that had no place to go and no way to get there. So while the head of lettuce that had been destined for a supermarket probably made it into someone's salad, the greens earmarked for a restaurant were likely left unpicked in the field.

But—food is food! Couldn't farmers just sell to the supermarket managers stressing about empty shelves? It's not that easy. "Supply chains are relationship-based," says Lusk. "Even if you wanted to sell to a grocery chain, who can you call? Who do you know? Who can you do business with?" It takes time to develop those relationships and establish systems of credit and trust—time farmers didn't have.

Then there are the logistical headaches. Bill Barulich, CEO of BiRite, a San Francisco Bay Area food-service distributor, says his company might truck a 40-pound block of Cheddar, a 50-pound sack of flour or a 5-gallon container of refrigerated soup to a restaurant. "This does not work for a house," he adds grimly. Even if BiRite or its suppliers could somehow secure the containers, machines and manpower to repackage a big wheel of cheese into fridge-friendly chunks, it might not be technically legal to do so, as food-service and retail items follow different sets of Food and Drug Administration rules.

These were some of the challenges that Zimmerman confronted as he tried to find a way to save his flock and his livelihood. His farm produces what are known as "breaker eggs," which are processed into liquid or powder at a factory and sold in giant jugs to manufacturers and commercial kitchens. They are subject to different labeling and food safety requirements than the "shell eggs" we buy at the store. He would have to find a way to get his eggs inspected and graded and packed neatly into cartons—which he did not have. Meanwhile, Zimmerman's hens kept laying.

REIMAGINING OUR FOOD SUPPLY

By mid-April, the first wave of stockpiling had passed, and supermarket shelves had returned to normal—almost—even if our lives had not. There were still periodic shortages. Some, like the run on flour and yeast in the *#quarantinebaking* heyday, resolved with little fuss. Others, like disruptions to meat production, were harder to remedy. But it became clear that what we were seeing was not a breakdown of food supply chains, but their reweaving.

Cities around the country relaxed licensing laws, allowing closed restaurants to refashion themselves as corner groceries and liquor stores. The FDA temporarily suspended some labeling, packaging and inspection requirements to make it easier for surplus food-service items to reach consumers. Distributors that normally dealt only with restaurants began selling to grocery stores, even making home deliveries. Neighbors teamed up to order from food-service wholesalers, splitting 9-pound pails of olives and 50-pound bags of flour. The vastness of the supply chain had shrunk down to accommodate the appetites of a community.

Which brings us back to Joshua Zimmerman. Timi Bauscher, a farmer who runs the Nesting Box Farm Market and Creamery in nearby Kempton, Pennsylvania, heard about his predicament and reached out to him. "I was selling out of my own 100 dozen eggs a day," she says, "and I simply stated that I could sell his eggs for him"—even though his 5,000 dozen eggs a day would pose a substantial challenge. Zimmerman's processor connected him to a facility that could wash and grade his eggs, and pack them in cartons. Meanwhile, Bauscher rolled up her sleeves to organize a massive egg sale. Her Facebook post went viral, reaching more than half a million people. For the next six weekends, aided by an army of volunteers, she oversaw a contactless drive-thru operation. People came from as far away as New Jersey and New York, sometimes buying 40, 60 or even 200 cartons to distribute to neighbors and donate to local food banks. By June, when Zimmerman's flock approached retirement, well over a million eggs had been sold.

THE NEW NORMAL

Zimmerman was lucky that his community came together to help him ride out the worst of the turmoil. And his processor began taking orders again. "Now I can transition into the new flock and hope the markets won't fall apart again," he says.

It's tempting to imagine that the challenges farmers like him initially faced could be resolved by a smaller, less anonymous food system—more local food, more community networks and shorter, simpler supply chains. However, many agricultural economists, such as Lusk, disagree. The exceptional efficiency of our supply chains may have caused the initial paradox of empty shelves and trashed food, but it is also one of the reasons we can still count on relatively cheap, safe and plentiful food, even in the midst of a global health and economic catastrophe.

Still, there is room for improvement. As we weave a post-COVID future, let's think beyond big food versus local food, and instead imagine a system where the benefits of bigness bend to meet the needs of everyone.

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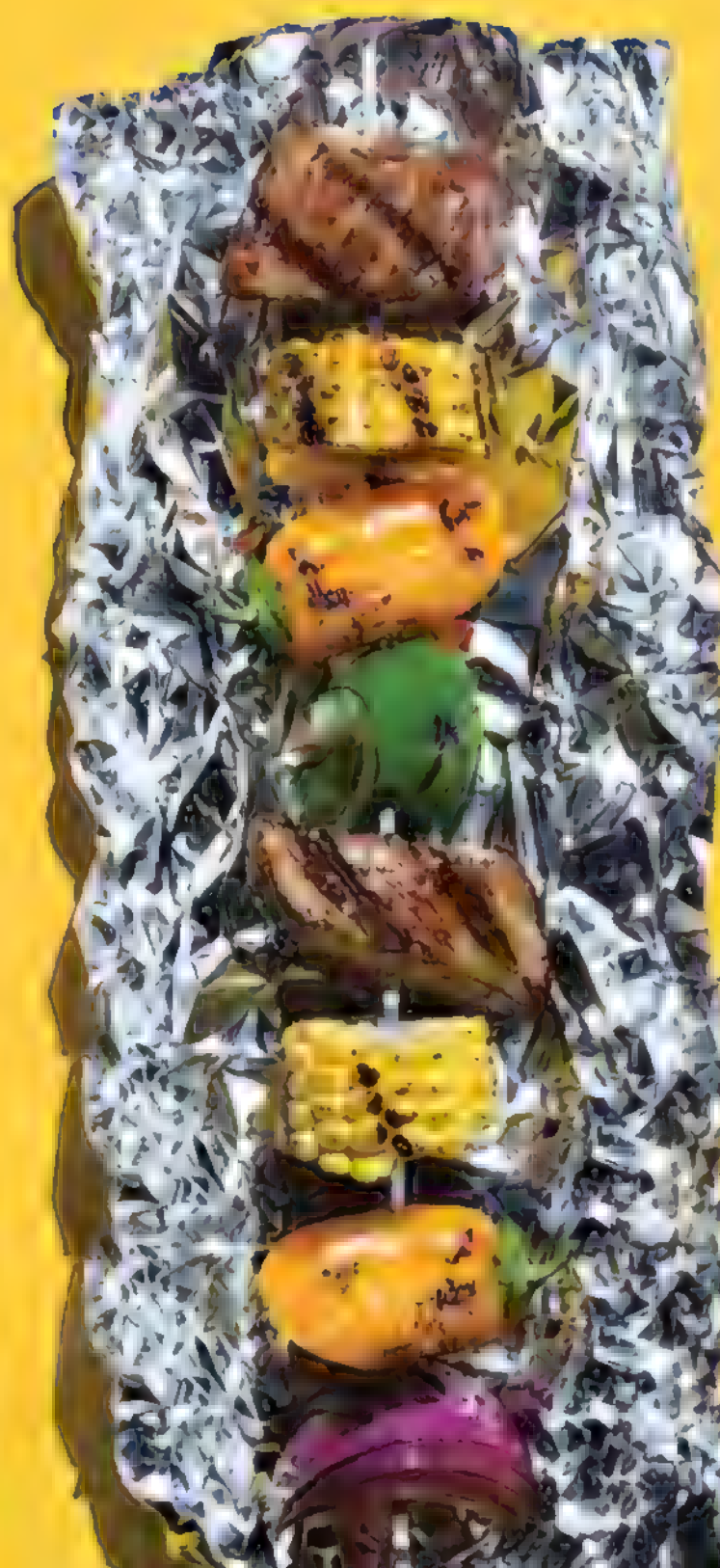

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DINNER TONIGHT

11 EASY HEALTHY RECIPES

CRUNCH TIME

Chorizo & Potato Empanadas, *next page*

Photos by Jacob Fox

Styling by Kelsey Bula[illegible] Sue Mitchell

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CHORIZO 2 WAYS

You can find this spicy pork sausage cured and smoked (perfect for slicing and eating as is) or raw. Use raw or "fresh" (aka Mexican-style) in this recipe. It's available in links or bulk in well-stocked grocery stores and Latin markets.

Chorizo & Potato Empanadas

ACTIVE: 30 min **TOTAL:** 50min
TO MAKE AHEAD: Refrigerate filling (Steps 2-3) for up to 2 days.
Instead of making dough from scratch, save yourself time and achieve flaky empanadas with the help of refrigerated pie crust. (Photo: page 29.)

- **1 cup diced yellow potato**
- **¼ cup water**
- **1 tablespoon avocado *or* canola oil**
- **½ cup diced white onion**
- **½ cup diced tomato**
- **½ cup sliced scallions**
- **¼ cup finely chopped fresh cilantro**
- **1 clove garlic, chopped**
- **8 ounces Mexican-style chorizo, casings removed *(see Tip)***
- **1 tablespoon red-wine vinegar**
- **¾ teaspoon salt**
- **2 7-ounce refrigerated pie crusts**
- **Cooking spray**
- **Hot sauce *or* salsa for serving**

1. Preheat oven to 400°F.
2. Heat a large skillet over medium heat. Add potato and water. Cover and cook until the water is evaporated and the potato begins to soften, 3 to 4 minutes. Add oil and onion and cook, stirring occasionally, until soft, about 2 minutes. Add tomato and scallions; cook until soft, about 3 minutes. Add cilantro and garlic; cook, stirring, until fragrant, about 30 seconds.
3. Push the vegetables to the sides and add chorizo to the center of the pan. Cook, crumbling with a wooden spoon, until brown, about 3 minutes. Stir the vegetables and chorizo together, and add vinegar and salt. Cook, stirring, until the liquid has evaporated, about 1 minute.
4. Roll each pie crust into a 12-inch circle on a lightly floured surface. Cut out eight 5-inch circles and roll each one out to a 6-inch circle. Mound about ¼ cup of the filling onto the center of each circle. Fold in half and crimp or pleat the edges. Place on a large rimmed baking sheet and coat both sides of each empanada with cooking spray.
5. Bake the empanadas, flipping once halfway, until golden brown, about 20 minutes. Serve with hot sauce or salsa for dipping, if desired.
SERVES 8: 1 empanada each
Cal 380 **Fat** 29g (sat 11g) **Chol** 20mg **Carbs** 24g **Total sugars** 4g (added 0g) **Protein** 9g **Fiber** 5g **Sodium** 368mg **Potassium** 122mg.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY DEVON O'BRIEN

Shrimp, Mushroom & Brussels Sprout Wonton Soup

ACTIVE: 40 min **TOTAL:** 40 min

Wontons for a weeknight dinner? They're faster to make than you might think! We added fall veggies—Brussels sprouts and umami-rich mushrooms—for a flavor and texture boost.

- **4 cups unsalted chicken broth**
- **1 3-inch knob ginger, peeled and sliced into coins**
- **2 tablespoons sesame oil, divided**
- **4 teaspoons reduced-sodium soy sauce, divided**
- **2 teaspoons white miso**
- **½ cup Brussels sprouts, trimmed**
- **6 ounces peeled and deveined raw shrimp**
- **½ cup cremini mushrooms**
- **2 scallions, sliced, white and green parts separated**
- **1 teaspoon Shaoxing rice wine *or* dry sherry**
- **1 teaspoon cornstarch**
- **Pinch of salt**
- **24 fresh square wonton wrappers *(see Tip)***
- **1 cup frozen peas and carrots**

1. Combine broth, ginger, 1 tablespoon sesame oil, 3 teaspoons soy sauce and miso in a large saucepan. Bring to a boil over high heat, then reduce heat to maintain a bare simmer and cover. Bring 2 quarts of water to a boil in a large pot.

2. Meanwhile, pulse Brussels sprouts in a food processor until chopped. Add shrimp, mushrooms, scallion whites, rice wine (or sherry), cornstarch, salt and the remaining 1 tablespoon oil and 1 teaspoon soy sauce; pulse, scraping down the sides as necessary, until the mixture forms a paste.

3. Lightly dust a baking sheet with cornstarch. Working with 6 wrappers at a time, place a rounded teaspoon of the shrimp filling in the center of each. Wet the edges of the wrapper and fold it in half over the filling to form a triangle. Press on both sides to seal. Lightly dab water on one of two side corners, bring them together, overlap them and press to seal. Place the filled wontons on the prepared baking sheet. Repeat with the remaining wrappers and filling.

4. Using a slotted spoon, remove the ginger from the broth; stir in peas and carrots. Cover to keep warm. Add half the wontons to the boiling water and cook, stirring gently to prevent them from sticking, until they float to the surface, 2 to 4 minutes. Use the slotted spoon to divide the wontons between 2 bowls, then ladle about 1 cup of the broth and vegetables into each bowl. Repeat with the remaining wontons and broth. Serve topped with scallion greens.

SERVES 4: 6 wontons & 1 cup broth each
Cal 263 **Fat** 8g (sat 1g) **Chol** 74mg
Carbs 31g **Total sugars** 3g (added 0g)
Protein 18g **Fiber** 3g **Sodium** 724mg
Potassium 497mg.

THAT'S A WRAP!

Here we use paper-thin wonton wrappers to make dumplings for soup, but you can also use them to make oven-baked wontons or cut them up and fry them to make crunchy strips. Got leftovers you don't want to use right away? Stash them in your freezer.

ILLUSTRATION BY EMMA DIBBEN, RECIPE BY BREANA K LEEN

ECZEMA: UNDER CONTROL. SO ROLL UP THOSE SLEEVES.

DUPIXENT is a breakthrough in the treatment of uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

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INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
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What is DUPIXENT?
- DUPIXENT is a prescription medicine used.
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:
- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?
- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.
This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.
For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?
Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

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Issue Date: June 2020

DUP.20.06.0310

SPICY BENEFITS

Turmeric has anti-inflammatory properties. Researchers found that just 2 grams (the amount in one serving of this dish) can reduce muscle soreness after an intense workout.

BLAINE MOATS, STYLING GREG LUNA (FOOD), SUE MITCHELL (PROPS) RECIPE BY ROBIN BASHINSKY

Lamb & Beef Balti

ACTIVE: 25 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate balti (Steps 2-3) for up to 3 days.

Balti, a stew created by Pakistani chefs in Birmingham, England, is named after the metal pot it's cooked in. We found a large skillet works too. Topping with a dollop of yogurt adds a hint of creaminess. Serve with a side of sautéed spinach for a satisfying dinner.

- **1½ cups water**
- **1 cup brown basmati rice**
- **8 ounces lean ground beef**
- **8 ounces ground lamb**
- **3 cups chopped yellow onions**
- **2 tablespoons chopped garlic**
- **1 tablespoon ground turmeric *(see Tip)***
- **2 teaspoons grated fresh ginger**
- **1½ teaspoons ground coriander**
- **1 teaspoon ground cumin**
- **3 tablespoons tomato paste**
- **3 cups unsalted beef broth**
- **2 tablespoons Worcestershire sauce**
- **¾ teaspoon salt**
- **¼ cup low-fat plain Greek yogurt**
- **3 tablespoons chopped fresh cilantro**

1. Combine water and rice in a medium saucepan; bring to a boil over high heat. Reduce heat to a simmer, cover and cook until the water is absorbed, about 40 minutes.

2. Meanwhile, cook beef and lamb in a large skillet over medium-high heat, crumbling with a wooden spoon, until no longer pink, 5 to 6 minutes. Add onions and cook, stirring occasionally, until translucent, 6 to 8 minutes.

3. Increase heat to high. Add garlic, turmeric, ginger, coriander and cumin; cook, stirring, until fragrant, about 1 minute. Stir in tomato paste and cook, stirring, for 1 minute. Stir in broth, Worcestershire and salt; bring to a boil. Reduce heat to medium and simmer, stirring occasionally, until thickened, 13 to 15 minutes.

4. Serve the balti over the rice, topped with some yogurt and cilantro.

SERVES 4: 1¾ cups each

Cal 531 **Fat** 20g (sat 9g) **Chol** 80mg **Carbs** 58g **Total sugars** 8g (added 0g) **Protein** 31g **Fiber** 6g **Sodium** 748mg **Potassium** 875mg.

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3. CLEAN OUT YOUR FRIDGE
   Produce in your crisper looking a little wilted? Add spinach leaves, red onions, kale, or whatever you have on hand into scrambled eggs.

4. ADD MORE TO YOUR MUFFINS
   Forego sugary muffins; instead, make them with a variety of savory, good-for-you ingredients like shredded zucchini or fresh carrots to up your vegetable intake.

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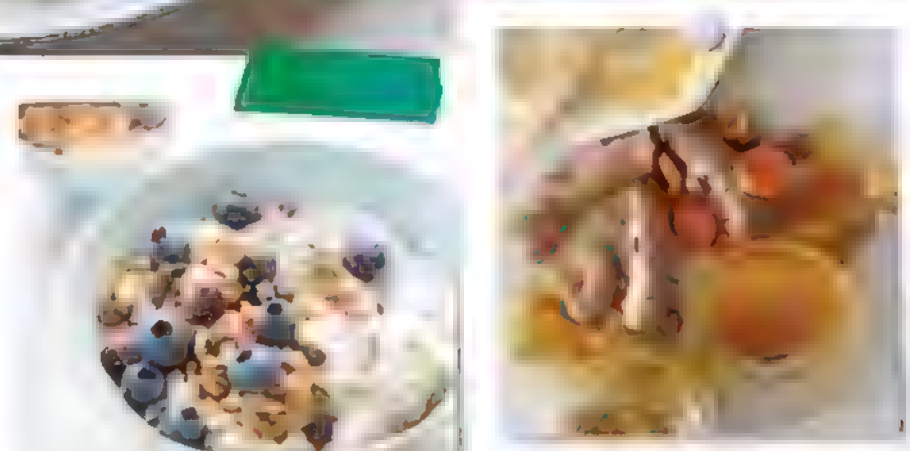

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Give them the everyday awesome of Lunchables

Creamy Spinach Pasta with White Beans

ACTIVE: 35 min **TOTAL:** 35 min

Here, we whir up spinach and kale with cream cheese and Gruyère for a luscious sauce. Paired with beans and pasta, it makes a filling vegetarian meal.

- **1 5-ounce package baby kale**
- **1 5-ounce package baby spinach**
- **8 ounces whole-wheat penne or rigatoni pasta**
- **2 ounces cream cheese**
- **½ cup shredded Gruyère cheese**
- **½ cup torn fresh basil leaves, plus more for garnish**
- **1 tablespoon lemon juice**
- **1 clove garlic, grated**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper**
- **1 15-ounce can low-sodium white beans, rinsed**

1. Bring a large pot of water to a boil. Add kale and spinach and cook until tender, about 3 minutes. With tongs or a slotted spoon, transfer the greens to a colander and rinse under cold water. Wrap in a clean towel and squeeze out as much liquid as possible. Keep the water boiling.
2. Add pasta to the boiling water and cook according to package directions.
3. Meanwhile, combine the greens, cream cheese, Gruyère, basil, lemon juice, garlic, salt and pepper in a food processor; process until the greens are finely chopped.
4. Reserve ¼ cup of the cooking water; drain the pasta and return to the pot. Add the reserved water to the food processor and process until the sauce is smooth. Add beans and the sauce to the pasta and toss to combine. Top with more basil, if desired.

SERVES 4: 1½ cups each
Cal 442 **Fat** 13g (sat 6g) **Chol** 29mg **Carbs** 65g **Total sugars** 3g (added 0g) **Protein** 22g **Fiber** 12g **Sodium** 691mg **Potassium** 588mg.

RECIPE BY ADAM DOLGE

cozi

Get *EatingWell* recipes for easy weekn ght dinners & 20-minute mains in Cozi, a free meal-planning & organiz ng app (available on iTunes and Google Play) from our parent company, Meredith Corporation.

AND TAKE BRUNCH TO AN AWESOME LEVEL

Lunchables BRUNCHABLES

Tomato & Feta Stuffed Chicken Breasts

ACTIVE: 20 min **TOTAL:** 50 min

Look for similarly sized chicken breasts so they'll cook at the same rate. Roast some potatoes while the chicken is in the oven to serve alongside.

- ¼ cup crumbled feta cheese
- 1 tablespoon whole-milk plain Greek yogurt
- ¼ cup finely chopped grape tomatoes
- 2 tablespoons finely chopped pitted Kalamata olives
- 2 teaspoons finely chopped preserved lemon *(see Tip)*
- 2 teaspoons finely chopped fresh oregano
- 1 clove garlic, grated
- 1 pound boneless, skinless chicken breasts, trimmed
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil

1. Preheat oven to 400°F.

2. Mash feta and yogurt together in a small bowl. Stir in tomatoes, olives, lemon, oregano and garlic.

3. Using a sharp knife, cut chicken breasts in half horizontally without cutting all the way through, to create a pocket. Stuff each pocket with equal amounts of the feta mixture; fold the chicken back over and secure with toothpicks. Sprinkle with salt and pepper.

4. Heat oil in a large ovenproof skillet over medium-high heat. Add the chicken and cook until browned, about 4 minutes. Carefully flip the chicken and transfer the pan to the oven.

5. Bake until an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 20 to 25 minutes. Transfer to a clean cutting board. Let rest for 5 minutes, then slice.

SERVES 4: 4 oz. stuffed chicken each

Cal 238 **Fat** 13g (sat 3g) **Chol** 92mg **Carbs** 3g **Total sugars** 1g (added 0g) **Protein** 27g **Fiber** 0g **Sodium** 446mg **Potassium** 397mg.

PUCKER UP

Preserved lemons are a common ingredient in Moroccan recipes. Here, we pair the salty pickled citrus with chicken breast. You can find it in well-stocked grocery stores (near the pickles and olives) or Middle Eastern markets.

ILLUSTRATION BY EMMA D BEN. RECIPE BY CAROLYN MALCOLM

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Creamy Chipotle Chicken Thighs

ACTIVE: 20 min **TOTAL:** 20 min

Serve this one-skillet chicken with tortillas or over rice with a simple cabbage slaw.

- **2 tablespoons canola *or* avocado oil, divided**
- **1 pound boneless, skinless chicken thighs, trimmed**
- **½ teaspoon salt, divided**
- **1 large yellow onion, thinly sliced**
- **½ cup unsalted chicken broth**
- **½ cup chipotle salsa *(see Tip)***
- **¼ cup reduced-fat sour cream**
- **Chopped fresh cilantro for garnish**

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and sprinkle with ¼ teaspoon salt. Cook, flipping once, until browned on both sides, about 5 minutes. Transfer to a plate.

2. Add the remaining 1 tablespoon oil and onion to the pan. Cook, stirring often, until the onion is lightly browned and starting to soften, about 2 minutes. Add broth and cook, scraping up any browned bits, for 1 minute.

3. Whisk salsa, sour cream and the remaining ¼ teaspoon salt in a small bowl. Add the mixture to the pan, along with the chicken and any accumulated juices. Reduce heat to medium, cover and cook, flipping the chicken occasionally, until it is cooked through and the sauce has thickened slightly, 5 to 7 minutes more. Garnish with cilantro, if desired.

SERVES 4: 3 oz. chicken & ⅓ cup sauce each
Cal 273 **Fat** 18g (sat 4g) **Chol** 83mg **Carbs** 5g **Total sugars** 3g (added 0g) **Protein** 22g **Fiber** 0g **Sodium** 474mg **Potassium** 226mg.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY BREANA KILLEEN; RIGHT: RECIPE BY KATIE WEBSTER

SWEET HEAT

Chipotle salsa adds smokiness to this recipe. If you can't find it, stir 1 Tbsp. chopped chipotle in adobo or 1 tsp. ground chipotle chile into your favorite tomato salsa.

Chicken Sausage with Quick Sauerkraut

ACTIVE: 10 min **TOTAL:** 20 min

This colorful cabbage sauté is the best of both sauerkraut and slaw—a mix of textures and bright, tangy flavor. Serve with assorted mustards and some toasted rye bread.

- **2 tablespoons extra-virgin olive oil, divided**
- **1 12-ounce package chicken sausage**
- **1 small onion, sliced**
- **1 medium Granny Smith apple, thinly sliced**
- **1 10-ounce package shredded cabbage**
- **1 large carrot, shredded**
- **¼ cup cider vinegar**
- **¼ teaspoon salt**
- **1 cup apple cider**
- **1 teaspoon caraway seeds**

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add sausages and cook until brown on all sides, 2 to 3 minutes. Transfer to a plate.

2. Add the remaining 1 tablespoon oil to the pan. Add onion and apple and cook, stirring constantly, until beginning to brown, 1 to 2 minutes. Add cabbage, carrot, vinegar and salt and cook, stirring often, until just wilted, about 2 minutes. Add cider and caraway seeds; bring to a boil. Return the sausages to the pan and reduce heat. Cover and simmer until the sausages are heated through and the cabbage is tender, about 10 minutes.

SERVES 4: 3 oz. sausage & 1½ cups kraut each
Cal 264 **Fat** 12g (sat 1g) **Chol** 60mg **Carbs** 24g **Total sugars** 15g (added 0g) **Protein** 14g **Fiber** 4g **Sodium** 599mg **Potassium** 272mg.

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Wilted Greens with Warm Apple Vinaigrette

ACTIVE: 20 min **TOTAL:** 20 min

Massaging kale, curly endive and Brussels sprouts then tossing with a warm dressing wilts them slightly for a more tender bite.

- **4 cups coarsely chopped kale**
- **2 cups thinly sliced curly endive**
- **2 cups thinly sliced trimmed Brussels sprouts**
- **4 tablespoons extra-virgin olive oil, divided**
- **2 medium apples, coarsely chopped**
- **½ cup cider vinegar plus 1 tablespoon, divided**
- **1 tablespoon honey**
- **2 teaspoons Dijon mustard**
- **3 tablespoons unsalted sunflower seeds, toasted**
- **3 tablespoons chopped walnuts, toasted**
- **⅔ cup crumbled blue cheese**

1. Place kale, endive and Brussels sprouts in a large bowl and massage the greens until they are soft, 2 to 3 minutes.

2. Heat 2 tablespoons oil in a large skillet over medium heat. Add apples and cook, stirring often, until warm, 2 to 3 minutes. Stir in ½ cup vinegar, honey and mustard and cook until slightly reduced, about 1 minute. Pour the mixture over the greens and toss to combine. Add the remaining 2 tablespoons oil and 1 tablespoon vinegar and toss again. Add sunflower seeds, walnuts and cheese and toss again.

SERVES 6: 1 cup each

Cal 247 **Fat** 18g (sat 4g) **Chol** 11mg **Carbs** 16g **Total sugars** 10g (added 3g) **Protein** 6g **Fiber** 4g **Sodium** 218mg **Potassium** 347mg.

Horseradish-Cheddar Mashed Cauliflower

ACTIVE: 20 min **TOTAL:** 25 min

Mashing steamed cauliflower with butter and sour cream mimics the taste and texture of mashed potatoes. The swap saves you 40 grams of carbs and 100 calories per cup; plus it quadruples the vitamin C, giving you 82% of your Daily Value of the immune-boosting nutrient.

- **1 medium head cauliflower, cut into florets**
- **½ cup shredded Cheddar cheese**
- **¼ cup sour cream**
- **2 tablespoons prepared horseradish**
- **1 tablespoon butter**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **2 tablespoons chopped fresh chives, plus more for garnish**

1. Bring 1 inch of water to a simmer in a large pot fitted with a steamer basket. Add cauliflower, cover and cook until tender, 15 to 20 minutes.

2. Remove the cauliflower and basket; drain the water. Return the cauliflower to the pot over low heat and mash. Add cheese, sour cream, horseradish, butter, pepper and salt and mash until smooth. Stir in chives. Garnish with more chives, if desired.

SERVES 4: 1 cup each

Cal 148 **Fat** 10g (sat 6g) **Chol** 29mg **Carbs** 9g **Total sugars** 4g (added 0g) **Protein** 7g **Fiber** 3g **Sodium** 317mg **Potassium** 493mg.

NO NUTS

Have a tree nut or peanut allergy in the family? Don't sweat it. Make these greens without the walnuts and use double the sunflower seeds instead.

RECIPES BY ADAM DOLGE

An Oven-Fry Primer

Show your kids how easy it is to make homemade "fish sticks" with a simple 3-step dredging process. **By Joy Howard**

A NOTE FROM

My daughters form an assembly line to help make these nuggets. One of them dips the fish in the flour and transfers to the egg, while the other transfers the pieces from the egg to the breadcrumb coating.

1 **GET SET**
Prep ingredients for coating the fish—put flour in a shallow dish, egg in another and panko in a third. Arrange them in order with a baking sheet as a landing pad nearby.

2 [illegible]
Dust each piece of fish with flour and dip in the egg. Together, the ingredients create a glue-like coating that will help the final layer of panko adhere to the surface of the fish.

3 [illegible]
As the fish bakes, the egg underneath sets up, keeping the panko coating stuck in place.

Fish Nuggets with Seasoned Sweet Potato Wedges

ACTIVE 30 min TOTAL 45 min

Panko breadcrumbs with their lighter, flakier texture add irresistible crunch to this baked fish

- **4 teaspoons extra-virgin olive oil**
- **1 teaspoon smoked paprika**
- **½ teaspoon salt, divided**
- **¼ teaspoon garlic powder**
- **1½ pounds sweet potatoes, cut into wedges**
- **1 cup panko breadcrumbs**
- **¾ cup white whole-wheat flour**
- **¾ teaspoon ground pepper, divided**
- **2 large eggs**
- **1 tablespoon finely chopped fresh parsley**
- **1 teaspoon lemon zest**
- **1 pound Pacific cod, cut into 1-inch pieces**
- **Tartar sauce for serving**

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Line 2 large rimmed baking sheets with parchment paper or foil.
2. Combine oil, paprika, ¼ teaspoon salt and garlic powder in a large bowl. Add sweet potatoes and toss to coat. Spread the sweet potatoes on one of the prepared pans. Bake on the upper rack, flipping once, until lightly browned and tender, 25 to 35 minutes.
3. KIDS HELP Meanwhile, toast panko, stirring frequently, in a medium skillet over medium-high heat until light golden, about 6 minutes. Mix flour and ½ teaspoon pepper in a shallow dish. Lightly beat eggs, parsley and lemon zest in a second shallow dish. Transfer the panko to a third shallow dish and stir in the remaining ¼ teaspoon pepper.
4. KIDS HELP Pat fish dry and sprinkle with the remaining ¼ teaspoon salt. Working with 2 pieces at a time, dip the fish in the flour mixture and shake off the excess. Dip in the egg mixture, letting the excess drip off, then coat with the panko and place on the prepared pan, spacing evenly. Bake the fish on the lower rack, flipping once, until it flakes easily, about 12 minutes.
5. Serve the fish with the sweet potatoes and tartar sauce, if desired.

SERVES 4: 3 oz. fish & about 1 cup sweet potatoes each
Cal 352 **Fat** 8g (sat 2g) **Chol** 138mg **Carbs** 47g **Total sugars** 8g (added 0g) **Protein** 23g **Fiber** 6g **Sodium** 678mg **Potassium** 613mg.

Oscar Mayer
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Pomegranate Gimlets

ACTIVE: 10 min **TOTAL:** 1 hr 10 min

Ina Garten says, "I like to serve these Pomegranate Gimlets with Fig & Cheese Toasts, which is simply toasted bread, spread with fig preserves and goat cheese; they take no time to make and they're sweet and savory with the cocktail. But even something simple like salted cashews is good in a pinch."

1½ cups gin
1 cup pomegranate juice
1 cup fresh lime juice (6-8 limes), plus lime slices for garnish
½ cup simple syrup *(see Tip)*
Pomegranate arils for garnish

1. Place 6 martini glasses in the freezer and chill until frosted, at least 1 hour.
2. Combine gin, pomegranate juice, lime juice and simple syrup in a large pitcher. Fill a cocktail shaker halfway with ice and add the drink mixture until the shaker is three-quarters full. Cover and shake for 15 seconds. Strain the mixture into the frozen martini glasses. Repeat with the remaining drink mixture, adding more ice to the shaker as necessary. Garnish with pomegranate arils and lime slices, if desired.

SERVES 6: about ¾ cup each
Cal 226 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 26g **Total sugars** 23g (added 17g) **Protein** 0g **Fiber** 0g **Sodium** 6mg **Potassium** 138mg

TIP: For simple syrup, combine 1 cup each granulated sugar and water in a small pan and heat just until the sugar dissolves and the mixture is clear. Refrigerate until cold. *(Refrigerate for up to 1 month.)*

Cookbook author and TV show host **Ina Garten** has a new book out this month. It's full of some of her favorite recipes—like beef stew, grilled cheese, tomato bisque and these gimlets—all with modern twists.

FROM MODERN COMFORT FOOD: A BAREFOOT CONTESSA COOKBOOK. ©2020 BY INA GARTEN. PUBLISHED BY CLARKSON POTTER, AN IMPRINT OF PENGUIN RANDOM HOUSE

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GET NOODLIN'

Give an off-the-shelf cup of noodles an upgrade with these fresh topping combos.

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Furikake (Japanese Seasoning)
Scallion

Photos by Ted & Chelsea Cavanaugh

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Up Your Cup

These accouterments will make you forget everything you think you know about instant noodle soups. ***By Carolyn Hodges***

To get a DIY recipe for cup o' noodles, scan this smart code with your phone's camera.

OUR FAVORITE NOODLE CUPS

Lotus Foods Rice Ramen with Chunky Veggies
180-190 calories, 2-5g protein, 3-4g fiber, 690-1,020mg sodium
Each gluten-free cup contains freeze-dried soup cubes packed with vegetables like mushrooms and carrots that spring to life (and aren't mushy!) when you add hot water.

Dr. McDougall's Vegan Ramen Chicken Flavor Noodles Big Cup
180 calories, 8g protein, 3g fiber, 680mg sodium
With a flavor reminiscent of classic instant ramen, you won't believe these are vegan (and made with a fraction of the sodium).

Mike's Mighty Good Craft Ramen
210-230 calories, 8-9g protein, 1-2g fiber, 720-780mg sodium
These have fresh-tasting organic wheat noodles and a rich, flavorful broth.

Pamela's Ramen
160-190 calories, 5-7g protein, 1g fiber, 760-900mg sodium
Certified gluten-free, these rice noodle cups come with a separate pouch of bone broth to stir in, rehydrating the veggies and infusing them with savor.

Star Anise Foods Vietnamese Pho Noodle Soup Bowl Garden Herb
110 calories, 1g protein, <1g fiber, 310mg sodium
Complete with its own flavor paste to season the broth, this quick cup of pho is brimming with brightness from lemongrass, basil and garlic.

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Breakfast at the Ready

With just 3 ingredients, a little bit of prep and a tiny amount of time for reheating, these make-ahead recipes ensure a healthy morning meal is always at your fingertips. ***By Sara Haas, R.D.N.***

EACH RECIPE SERVES 1, but you can make as many as your freezer can hold (freeze for up to 1 month). When you're ready to heat and eat, just pull one out, unwrap or uncover and microwave in 1-minute intervals until warmed through.

Breakfast Sausage Quinoa Bowl
Place ½ cup cooked quinoa in a freezer-safe container. Top with 1 cup cooked or frozen spinach and 2 sliced, cooked breakfast sausage links.

Grits 'n' Bacon
Place 1 cup prepared grits in a freezer-safe container. Top with 1 strip cooked bacon (crumbled) and garnish with 2 Tbsp. shredded Cheddar cheese.

Waffle Breakfast Sandwich
Top 1 whole-wheat frozen waffle with 1 strip cooked bacon and 1 scrambled large egg. Top with an additional waffle. Wrap in foil.

Veggie Sausage English Muffin
Slice open 1 whole-wheat English muffin. Sandwich 1 cooked veggie sausage patty and 1 jarred roasted red bell pepper between the halves. Wrap in foil.

Berry Oatmeal Bowl
Place 1 cup prepared oatmeal in a freezer-safe container. Top with ½ cup frozen berries. Garnish with 2 Tbsp. chopped toasted walnuts.

Sausage Lentil Bowl
Place ½ cup cooked lentils in a freezer-safe container. Slice ½ cooked Italian sausage link and add to the lentils. Top with 2 Tbsp. marinara sauce.

Ricotta-Berry Crepes
Top 1 whole-wheat crepe with 2 Tbsp. low-fat ricotta cheese and ¼ cup berries; fold up and wrap in foil.

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LET'S CELEBRATE!

When *EatingWell* first appeared on newsstands in 1990, the Berlin Wall had recently fallen. Something called the "World Wide Web" was just being proposed. And food and nutrition revolved in two vastly different universes: food was where gourmets waxed poetic about triple crème Brie en croute and molten chocolate cake; nutrition was where finger-waggy dietitians pushed salads with fat-free dressing.

EatingWell had a different view.

Led by founder James Lawrence, *EatingWell* assumed that the pursuit of healthy eating could and should be a pleasure—full of creativity fueled by global flavors and a love of whole foods in season. It was staffed by journalists with roots in investigative reporting and environmental and nutrition science. And with a food section overseen by a chef and a dietitian, the magazine carved out its own space at the intersection of food and health.

"*EatingWell* explored the connections between food as healthful sustenance and as culture," recalls founding associate editor Allison Cleary. "It dug beneath the surface to reveal practices of the mainstream food industry, it investigated how and where our food was grown and raised, and it used ingredients in novel ways to make dishes healthier yet uncompromisingly delicious."

Thirty years later, we're still at it. And, like most millennials, we've gained knowledge and a little more gravitas as we've aged. Today, the work of our small staff in Shelburne, Vermont, reaches 7.8 million readers, and our thriving website and social media feeds reach millions more.

Our pages have explored issues as diverse as pollinator declines and personalized nutrition, heirloom legumes and the microbiome, "Frankenfish" and regenerative agriculture, vegan "cheese" and justice for farmworkers, along with the dangers—and possible upsides—of genetic modification. We've only just begun to cover the potential of our food choices to affect the health of our bodies and minds, as well as that of the planet. And as ever, we look forward to discovering new and exciting ways to procure and prepare foods, from chefs all over the world.

To mark the occasion of our milestone birthday, we leafed through decades of issues to rediscover what topics were on our minds back then, and what we've learned since. We curated some of our favorite recipes, with contributions from chefs whose talents have stood the test of time, including Alice Waters, Mark Bittman and Eric Ripert. And true to our mission, there are also recipes that celebrate glorious produce (apples!) as well as makeovers of our readers' beloved comfort foods—a longtime *EatingWell* specialty. Carrot cake, anyone?

Turn the page to join us as we commemorate what we've cooked, eaten and shared with you in our 30 years at the intersection of food and health.

JENNY HUANG; STYLING: TYNA HOANG (FOOD); SOPHIE LENG (PROPS)

CARROT CAKE, PAGE 90

NO MORE FAT-FREE DIETS

Amen to that—and other insights we've learned from covering 30 years of food trends and nutrition science.

BY JOYCE HENDLEY

DENNIS HALLINAN/GETTY IMAGES

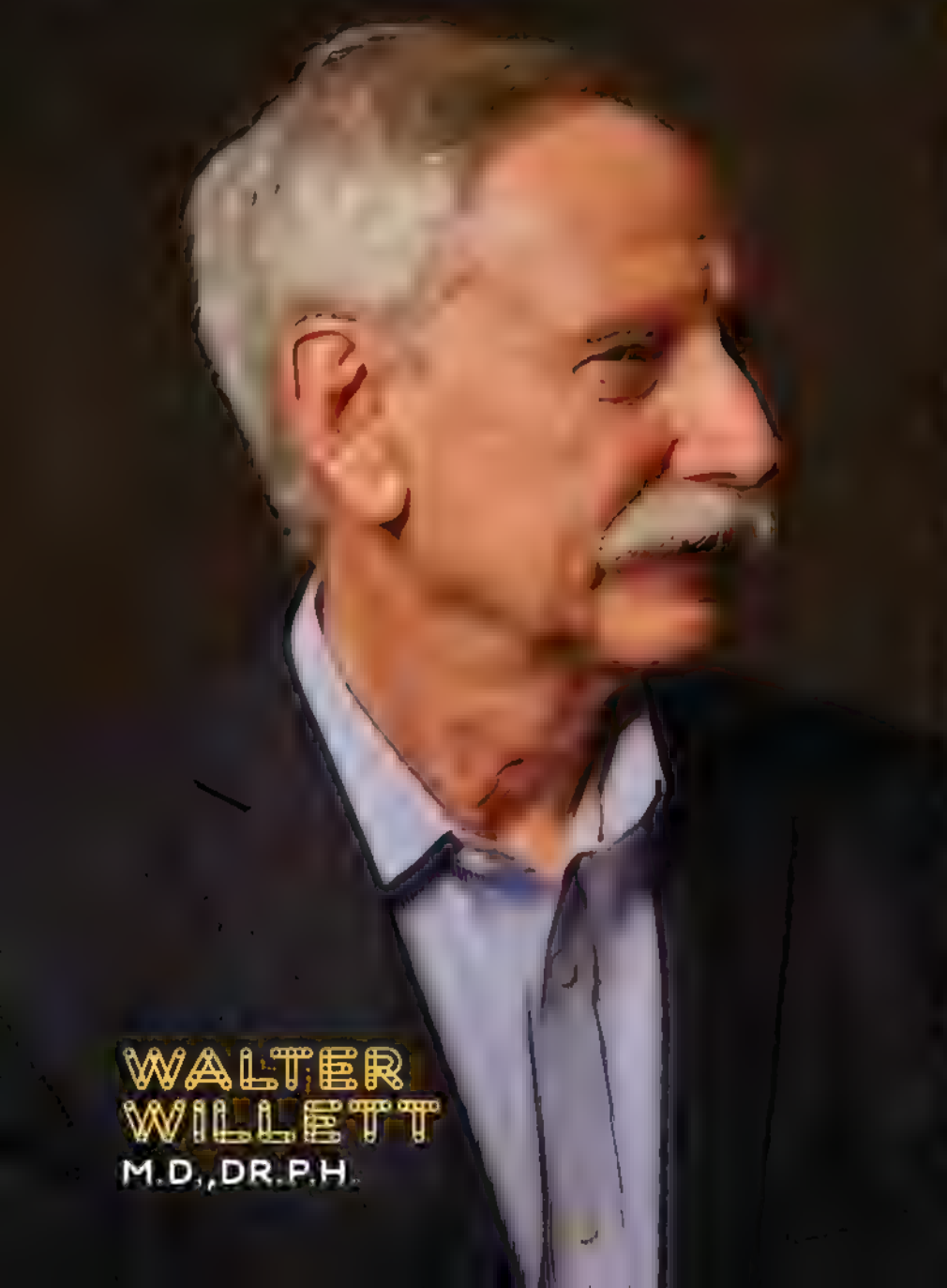
Back in the '90s, *EatingWell* debuted what would become a tradition for several years: a "State of the Plate" article that looked at the year's most memorable moments in food and nutrition—the good, the bad and the just plain bizarre. As part of our anniversary celebration, we're bringing back that tradition, with a twist: in addition to delving into today's culinary landscape, we're contrasting it with where it was three decades ago. The perspective is both eye-opening and, in some cases, cringey.

Thirty years ago, cooking and eating low-fat to keep our hearts—and waistlines—healthy was on everyone's mind, including ours. (Some of our early baked-good recipes called for replacing fats like butter and oil with prune puree, tofu and baby food. See? *Cringe.*) But *EatingWell* was also coming to embrace the idea of keeping good-for-you fats in and trans fats out. We gave rock-star status to fare like spinach, blueberries and tea, and called out bad actors like fast-food chains pushing supersized fries and restaurants serving 48-ounce steaks. We pointed out the risks tied to the rise of soda consumption and newfangled sweetened upscale coffee drinks. While the word "clickbait" had yet to be invented, we encouraged readers to look beyond the glowing headlines on things like therapeutic herbs and red wine, to seek credible science and a more nuanced read. And then, as now, we kept our eye on the future, always looking for new ways to help readers make informed decisions about what they ate and drank.

One thing that hasn't changed: you, our readers, who have always been curious, well-informed and adventurous; skeptical of quick fixes and fad diets, yet open-minded to evolving research. We connect with you now more than we ever have, and welcome your ideas and feedback in all the channels in which you'll find us. Here's to the next 30 years!

Pop Culture At-a-Glance *The trends & buzzwords Americans were into in the '90s—and their 2020 counterparts.*

	1990	2020
Dietary Obsession	Fats	Carbs
Key Curiosity	Our Cholesterol Levels	Our Microbiomes
"It" Foods	Salmon, Broccoli, Dark Chocolate, Salsa	Cauliflower, Chickpeas, Meatless Meats, Gochujang
Biggest Buzzwords	Pacific Rim, Mediterranean, Heart-Healthy, Tall Food (towering chef-erected food arrangements)	Anthropocene, Plant-Based, Nose to Tail, Bycatch, Food Waste, Sustainable
The "It" Gadget	Bread Maker	Air Fryer
Decade-Defining Dishes	Chicken Caesar Salad, Chocolate Lava Cake, Barbecue Chicken Pizza	Avocado Toast, Grain Bowls, Smoothies, Unicorn Food
Drinks of Choice	White Wine Spritzer, Bellini, Diet Coke	Botanicals-Based Mocktails, Kombucha, Small-Batch Liquors
Foods That Were Supposed to Fix Everything—But Didn't	Fat-Free Everything—including Fat-Free *Fat* (Olestra)	"Natural" Alternative Sweeteners
Fast Weight-Loss Go-To	Slim Fast	Keto



THIS MAN IS HELPING

We've learned a lot from Walter Willett, M.D., Dr.P.H., over the years, and so have our readers. A professor of epidemiology and nutrition at Harvard's T.H. Chan School of Public Health, his research (*more than 1,700* published studies) has examined critical nutrition issues—from the impact of sugary drinks on heart health to obesity's role in cancer risk—and he's still our go-to for solid, science-backed nutrition wisdom.

Willett has also played a key role in shaping nutrition policy for the better. Last year he was a lead author on the EAT-Lancet Commission on Food, Planet, Health report that urged, among other things, reducing our meat intake significantly—for both human and environmental health. But perhaps he's best known as the man whose research and tireless advocacy helped get trans fats out of our food supply. We named Willett "Nutrition Educator of the Year" in our first "State of the Plate" feature (as well as one of our American Food Heroes in 2018) and recently checked back with him on the changes he's seen over the past 30 years—and the ones he sees ahead.

For decades, one of your main goals was to get trans fats out of our food. Now, they're pretty much gone. What have you learned from that success? That the pathway from scientific evidence to policy is a very indirect, meandering path, with lots of obstacles. And just because the evidence is there doesn't mean it's going to be acted upon automatically, or that policymakers will follow through. The change really happened from the grassroots up, rather than policy from top down. It took getting the word out to the public to make it happen.

BILL WADMAN; TOP RIGHT: CHRISTINA PEDRAZZINI/GETTY IMAGES

The Diet We've Loved Since Day 1

***EatingWell* launched around the same time that the Mediterranean Diet was gaining national popularity—and we, too, were beguiled by this olive-oil-drizzled, plant-centric way of eating.** It was a revelation to learn that people who ate this way (namely, Greeks living on the island of Crete) had healthier hearts, lived longer and just seemed to enjoy life more than those of us nibbling fat-free cookies and spending our free time doing Buns of Steel.

Over the decades, our love for the Med diet has only grown, and so has the world's. We've featured hundreds of Mediterranean-focused recipes, and devoted multiple issues entirely to this style of eating. And, like a nutritional Meryl Streep, the Mediterranean Diet has continued to win with nutrition experts—including a recent three-peat as best overall diet from *U.S. News & World Report*—while amassing a pile of research linking it with better heart and brain health and lower rates of diabetes and some cancers.

Best of all, eating a traditional Mediterranean diet is just plain delicious and epitomizes the *EatingWell* approach of putting flavor and health first. *Kalí órexi!*

YOU EAT BETTER

What are the most critical public health challenges you see today, nutrition-wise? Overall diet quality is still very poor, and the most visible aspect of this is the obesity epidemic. Five or six years ago, it looked like it might be plateauing off, but now it's clearly continuing up with a vengeance. The latest data are showing that 42% of American adults are obese, which is astounding. In the early 1970s it was 10%. We're starting to see a reverse in a lot of the gains that had been achieved with so much hard work over 50 years. And it's clearly, strongly, related to income. We can really connect the dots between poverty and poor diet quality, obesity, diabetes, diabetes mortality and now COVID-19. Obesity, and the consequences of it, are the major factors (apart from age) that are related to people dying from the virus.

Part of the U.S. population is doing very well—the part that has access to knowledge and the ability to act upon it; we see them shopping at health food stores and running along the river. They are getting healthier and living longer. But the other part of the population is stuck, and getting worse in terms of obesity. So the gap is growing.

What do you see on the horizon for American eating habits? I think there will be a greater shift toward plant-forward diets. More people are realizing that the consequences of our current animal-centric diets are disastrous for planetary health and future generations, as well as being unhealthy for us today. More people are realizing that we need to change our national leadership to help get us on a track leading toward a sustainable and healthy future. This gives me some hope.

THREE DECADES OF FOOD MILE-STONES

1990 In September, ***Eating Well***, "The Magazine of Food and Health," launches from a drafty, repurposed warehouse in rural Charlotte, Vermont. ● **Food labels** actually mean something: the Nutrition Labeling and Education Act passes, requiring standardized nutrition labels on most food packages.

1992 King Arthur introduces **white whole-wheat flour**, enabling bakers (and *Eating Well* Test Kitchen staffers) to make their whole-grain baking less ... earnest. ● The United States Department of Agriculture releases the **Food Guide Pyramid**, visually confirming nationwide carb domination. ● **SnackWell's** low-fat cookies are introduced and fly off shelves. Later, the "SnackWell's effect" becomes shorthand for all that is wrong with the low-fat, high-carb diet fad.

1993 Chipotle Mexican Grill is founded in Denver—marking the beginning of the **"fast casual"** restaurant category. ● The TV Food Network (now the **Food Network**) premieres, elevating chefs like Bobby Flay to A-list celeb status.

1994 The Food and Drug Administration approves the first genetically modified food, the long-shelf-lived Flavr Savr tomato—followed a year later by **GMO** canola, corn, soybeans and squash—sparking the anti-GMO movement.

1996 The FDA approves **Olestra**, a fat-free fat substitute with the unfortunate side effect of inducing "anal leakage." Lay's WOW! potato chips made with Olestra sport a warning label. (While it's no longer used in snack foods, Olestra found new life as an industrial lubricant.)

1998 **Sucralose**, a "made from sugar" noncaloric sweetener, is introduced. The obesity rate is not impressed.

2002 Low-carb guru Robert **Atkins**, M.D., releases *Dr. Atkins' New Diet Revolution*, reawakening the breadbasket shame people felt 30 years earlier, when his first *Diet Revolution* was published. ● In other news: Organic labels finally have teeth. The USDA National Organic Program's **"Certified Organic"** labeling rules—some 12 years in the making—go into effect.

2003 "Fermentation fetishist" Sandor Katz publishes *Wild Fermentation*, inspiring millions of sauerkraut, **kimchi**, kombucha and sourdough enthusiasts.

2004 **Facebook** arrives, enabling you to share what you had for breakfast with 1,000 of your closest friends.

2006 In April, Michael Pollan releases **The Omnivore's Dilemma**, making terms like food system, high-fructose corn syrup and CAFO household words.

2008 Chobani launches and the cult of **Greek yogurt** begins. Our Test Kitchen rejoices at no longer having to strain regular yogurt through a coffee filter to make it. ● And in a recession-driven effort to cut costs, Los Angeles chef Roy Choi rolls out his Kogi BBQ truck. The **food-truck** era is born.

CONTINUED ON PAGE 62

CONTINUED FROM PAGE 61

2009 The **White House Kitchen Garden** is planted in March; interest in vegetables and sustainable eating skyrockets. ● **Gluten-free** foods become A Thing, with $1.56 billion in U.S. sales—and projections of continuing breakneck growth.

2010 Welcome, **Instant Pot!**

2011 In June, the USDA replaces the Pyramid guide with **MyPlate**, where vegetables and fruits fill half the dish and nudge grains to a smaller portion. First Lady Michelle Obama announces it. ● **Instagram** arrives.

2012 Blue Apron and Plated **meal-kit delivery services** kick off, making "home cooking" as easy as opening a box.

2013 Jay-Z announces he's doing a 22-day **vegan** challenge, with a P.S. that "B is also joining me." Veganism officially becomes cool.

2016 Restaurant delivery services go mainstream: 51% of Americans report using apps like **GrubHub** and DoorDash to purchase meals from casual dining outlets, with 26% ordering at least weekly.

2017 The Regenerative Organic Alliance releases its **Regenerative Organic Certification** program, which incorporates soil health, animal welfare and social justice in its eligibility criteria.

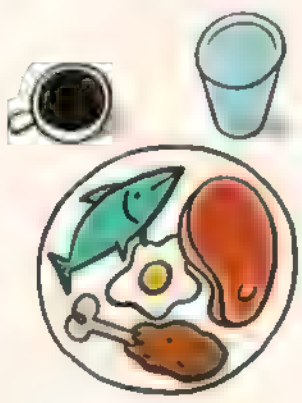
2018 **Plant-based milk** sales have exploded—growing 61% in the past 5 years.

2019 The EAT-Lancet Commission releases its *Food in the Anthropocene* report in January, linking our red meat- and sugar-heavy diets to **climate change**, and recommending we slash our consumption and eat more plant-based foods.

2020 **COVID-19** sweeps the world. Many Americans line up for miles at food distribution sites. Restaurants shutter or pivot to takeout models; farms teeter. Yet perseverance is everywhere: chefs, nonprofits, entire communities find ways to offer hope—and nourishing food.

A Lot Can Happen in 30 Years

Here, some of the news we covered in our inaugural "State of the Plate," and where it stands today.

WHAT WE REPORTED THEN ...	... AND NOW.
New healthy weight guidelines in 1998—the year body mass index (BMI) became the official assessment tool—meant an additional 29 million Americans are now considered overweight, bringing the total number of those with a too-high BMI to a (then) staggering 61%.	72% of Americans have overweight or obesity (that's the wording experts use now).
"By December 1998, there were more than 37,000 nutrition-related World Wide Web pages."	Googling "nutrition" today gets over 1 billion hits. (And when was the last time you heard the term "World Wide Web" used unironically?)
"Worst Diet of the Year: *Dr. Atkins' Vita-Nutrient Solution.*" 	Our 2020 contender: the ultra-restrictive *Sirtfood Diet*—whether or not Adele agrees. It involves eating foods like kale, lemons and red onion that contain a compound believed to activate the sirtuin pathway and regulate metabolism. But with drastic calorie cuts and limited food choices, it's unlikely that weight loss will stick.
"El Niño storms in Florida and California ... limit supplies of strawberries, broccoli and other fruits and vegetables." 	Extreme weather caused by climate change—which was just starting to hit the news in the late '90s—now poses a much bigger threat than natural weather cycles: A study at the University of Minnesota's Institute on the Environment estimates it's shrinking the world's top 10 food crops by 1%—or 35 trillion calories—annually.

Next Up at the Plate

We've made lots of guesses at the Next Big Thing in Food over the years. Energy bars, for example. In the '90s, we pointed to their fast-growing sales as a sign of It-dom—and today, the $3 billion energy bar category is expected to grow another $1.4 billion in the next three years. Likewise, we predicted dairy-free milk was going to take off. And you've seen the "dairy" aisle at the supermarket recently, right? OK, our vision that broccoli rabe would become all the rage has yet to come true (although we still love it). But we're going to go out on a limb and call out three food trends we see coming now. May future history prove us right.

1 **Designer produce will explode.** We'll see more and more varieties of "branded" produce bred for richer flavor and textures, rather than for shelf life or picture-perfect beauty—for example, new apple hybrids like ultra-juicy Cosmic Crisp and bite-size Rockit, or the deliciously sweet Butternut 661 squash from the Row 7 seed company.

2 **Home cooking will continue its surge.** While the pandemic may have sent us back to our kitchens, larger numbers of us will want to keep experimenting with new ideas, foods and recipes—beyond sourdough. And thanks to technology, we'll have access to experts in regions and cultures around the world, and hyperlocal "micro" cuisines that allow us to explore even more types of dishes.

3 **Dieting will be done for good.** We'll finally wake up to the fact that following a regimen of temporary deprivation to achieve a health or aesthetic goal is an exercise in futility—and that healthy eating for life is about building ongoing habits, not quick fixes.

STAR BARS

If you want a snack you can feel good about, look for one made with 100% real ingredients. Larabars, made with a simple blend of fruits, nuts, spices, and sometimes chocolate chips, fit the bill.

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ILLUSTRATIONS BY W. SCOTT MATTHEWS

RAISE A BAR TO REAL

REAL FRUITS, NUTS, SPICES—

AND SOMETIMES CHOCOLATE CHIPS

100% REAL INGREDIENTS

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THE TASTEMAK

Making a magazine pulls on the talents not just of its team but also outside contributors. In our 30 years we've been fortunate to have collaborated with a wide array of influential food personalities. They've run the gamut from celebrity chefs to activists, scholars, authors and editors. Here's a sampling of the work that these stars have brought to our pages.

PHOTOGRAPHY BY JENNY HUANG
ILLUSTRATIONS BY MADDY MUELLER & CHRISTINA WANG

ERS

Eric Ripert CHEF & RESTAURATEUR

When Lee Ann Cox joined *EatingWell* as associate editor in 1997 she had just worked on chef Eric Ripert's new cookbook and tempted him to visit Vermont to cook with us. Ripert had only helmed Le Bernardin in New York City for three years and had already received 4 stars from *The New York Times*. As high priest of the "Temple of Seafood," he schooled us on sustainability and technique.

Barry Estabrook

EDITORS & WRITERS

Rux Martin and Barry Estabrook were our first senior editor and editor-in-chief respectively. We mention them together because they later became a power couple in the world of food journalism. Estabrook's first book, *Tomatoland*, changed the national conversation about farmworker rights. And after years of editing award-winning cookbooks from the likes of Michael Solomonov, Jacques Pépin and Dorie Greenspan, she got her own imprint at Houghton Mifflin Harcourt, Rux Martin Books. She created this yogurt spread for our charter issue.

Marinated Yogurt Cheese

ACTIVE: 25 min **TOTAL:** 2½ days
TO MAKE AHEAD: Refrigerate yogurt cheese (Steps 1-2) for up to 1 week. **EQUIPMENT:** Cheesecloth
By draining the whey out of yogurt, you can make a "cheese" with the texture of softened cream cheese. Here it's turned into a savory spread. Avoid using yogurts containing additives like modified food starch, vegetable gums or gelatin; these thickeners inhibit the release of the whey. Serve this with crusty French bread or crackers. ***(Recipe by Rux Martin, Charter issue, 1990.)***

- **32 ounces low-fat plain yogurt**
- **3 tablespoons extra-virgin olive oil**
- **2 cloves garlic, finely minced**
- **3 tablespoons finely chopped fresh parsley**
- **1 tablespoon finely chopped fresh dill**
- **½ teaspoon dried basil**
- **½ teaspoon dried rosemary**
- **½ teaspoon dried thyme**

1. Line a colander with a double thickness of cheesecloth and place in the sink. Pour in yogurt. After 15 minutes, transfer the colander to a large bowl. Cover and refrigerate for 24 hours.
2. Gathering the edges of the cheesecloth together, squeeze out any remaining liquid.
3. Divide the yogurt cheese into 4 rounds, shaping patties with your hands. Place in a wide, shallow bowl. Combine oil, garlic, parsley, dill, basil, rosemary and thyme in a small bowl and pour over the cheese. Let stand at room temperature for 30 minutes; then cover and refrigerate overnight.
4. Let stand at room temperature for 30 minutes before serving.
MAKES: Four 5-oz. cheeses *(analysis per ounce)*
Cal 41 **Fat** 2g (sat 0g) **Chol** 1mg **Carbs** 3g **Total sugars** 0g (added 0g) **Protein** 2g **Fiber** 0g **Sodium** 80mg **Potassium** 78mg.

Terra-Cotta Stewed Chicken

ACTIVE: 20 min **TOTAL:** 1¼ to 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 2 days.
EQUIPMENT: Ovenproof casserole with lid or clay cooker (*see Note, above right*); cheesecloth
This is an adaptation of kedjenou, a dish usually made in a canari, or terra-cotta pot. It is sealed with a banana leaf, placed in the ashes of a fire and left to cook into a succulent stew. ***(Recipe by Jessica B. Harris, 1997.)***

- **3 pounds bone-in chicken thighs, skin removed and trimmed**
- **4 medium onions, coarsely chopped**
- **1 28-ounce can plum tomatoes, drained and chopped**
- **3 large cloves garlic, minced**
- **1 tablespoon minced fresh ginger**
- **1 habanero chile, pierced with a fork**
- **1 bay leaf**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 tablespoon finely chopped fresh parsley**

1. Preheat oven to 350°F.
2. Combine chicken, onions, tomatoes, garlic and ginger in a 2- to 3-quart ovenproof casserole dish with a lid. Tie chile and bay leaf in cheesecloth and add to the dish. Season with salt and pepper. Cover with foil and place the lid firmly on top so that no steam escapes.
3. Bake the chicken until very tender, 1¼ to 1½ hours. Discard the cheesecloth bag. Tilt the pot and skim off any fat that rises to the surface. Sprinkle with parsley.
SERVES 6: about 1⅓ cups each
Cal 282 **Fat** 11g (sat 3g) **Chol** 173mg **Carbs** 11g **Total sugars** 5g (added 0g) **Protein** 34g **Fiber** 3g **Sodium** 451mg **Potassium** 670mg.

Using a Clay Cooker: Soak the cooker in cold water for 15 minutes. Add the ingredients, cover and place in a cold oven. Set the oven to 350°F. Bake until the chicken is falling off the bone, about 2 hours.

Jessica B. Harris, Ph.D. **HISTORIAN, EDUCATOR & FOOD WRITER**

Though retired as a professor of English at Queens College in New York City, Harris remains the authority on the culinary traditions of the African diaspora. In addition to writing 12 cookbooks, she helped the Smithsonian's National Museum of African American History and Culture plan its cafeteria. This Terra-Cotta Stewed Chicken, based on a traditional preparation from Ivory Coast, was part of a 1997 menu for Kwanzaa.

STYLING: TYNA HOANG (FOOD); SOPHIE LENG (PROPS)

Mark Bittman AUTHOR & ACTIVIST

Mark Bittman's 30 years of writing for *The New York Times* plus his *How to Cook Everything* series of cookbooks are some of his vast body of work that makes him one of the rare food writers who's a household name in America. In his first *EatingWell* story, he recounted serving squab to picky dinner guests who begrudgingly enjoyed it and shared recipes for that bird along with pheasant, duck, quail and partridge. From 1994 to 1998, he was our resident seafood expert and authored a column called "Fish School" on the subject.

Sweet & Sour Braised Halibut

ACTIVE: 25 min **TOTAL:** 45 min

Pairing sweet and savory is common in Sicilian cooking. Here, sherry, a fortified Spanish wine, rather than Sicily's own Marsala wine, provides sweetness. In the past, without any regulation, the quality of Sicilian Marsala was poor, so some cooks used the Spanish wine. Today Sicilian Marsala is more reliable. Use either for this stew. (Recipe by Mark Bittman, 1997.)

- **3 tablespoons currants *or* raisins**
- **½ cup sweet sherry**
- **1½ pounds halibut steak, cut into 4 portions**
- **½ teaspoon salt, divided**
- **Ground pepper to taste**
- **2 teaspoons extra-virgin olive oil**
- **1 large onion, sliced**
- **3 tablespoons pine nuts, toasted**
- **1 tablespoon chopped fresh oregano *or* marjoram, plus more for garnish**
- **2 tablespoons red-wine vinegar**
- **2 tablespoons water**

1. Combine currants (or raisins) and sherry in a small saucepan. Heat over low until steaming, then remove from heat and set aside.
2. Season halibut with ¼ teaspoon salt and pepper; refrigerate while cooking the onions.
3. Heat oil in a large skillet over low heat. Add onion and cook, stirring often, until deep golden, 15 to 30 minutes. Add the reserved plumped fruit, pine nuts, oregano (or marjoram), vinegar, water, the remaining ¼ teaspoon salt.
4. Nestle the halibut in the onion mixture, spooning some of it over the fish. Cover and simmer over low heat until the fish is opaque in the center, 7 to 9 minutes. Garnish with more herbs if desired.

SERVES 4: 5 oz. halibut & ⅓ cup sauce each
Cal 276 **Fat** 9g (sat 1g) **Chol** 83mg **Carbs** 10g **Total sugars** 6g (added 0g) **Protein** 33g **Fiber** 1g **Sodium** 412mg **Potassium** 928mg.

Cranberry Upside-Down Cake

ACTIVE: 30 min **TOTAL:** 1 hr 50 min (including 15 min cooling time) **TO MAKE AHEAD:** Store at room temperature for up to 8 hours.

The basic recipe for this cake is very versatile and can be made with apples, pears, peaches or any full-flavored, slightly acidic fruit. The cake is best served warm. ***(Recipe adapted from*** **The Art of Simple Food** ***by Alice Waters.)***

- ¾ cup packed light brown sugar
- 4 tablespoons (½ stick) unsalted butter, softened, divided
- 2 tablespoons orange juice plus ¼ cup, divided
- 1 12-ounce bag cranberries, thawed if frozen
- ⅓ cup whole-wheat pastry flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 large eggs, at room temperature
- ⅓ cup canola oil
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- ½ cup low-fat milk, at room temperature
- Whipped cream for garnish

1. Preheat oven to 350°F.

2. Heat brown sugar and 2 tablespoons each butter and orange juice in a large ovenproof skillet, preferably cast-iron, over medium heat, stirring constantly, until the butter melts and the mixture starts to bubble, about 3 minutes. Let cool for 5 minutes. Coat the sides of the pan with cooking spray.

3. Bring the remaining ¼ cup orange juice and cranberries to a simmer in a medium saucepan over medium heat, stirring often, until about half the cranberries have popped, about 5 minutes. Pour evenly over the cooled sugar mixture in the pan.

4. Whisk whole wheat flour, all-purpose flour, baking powder and salt in a medium bowl.

5. Separate egg whites and yolks. Place the yolks in a large bowl and add the remaining 2 tablespoons butter, oil, granulated sugar and vanilla. Beat with an electric mixer on medium-high speed until light and fluffy. Stir in the flour mixture alternately with milk, using a rubber spatula, starting and ending with the flour. Stir just until the flour is incorporated.

6. Beat the egg whites in a clean dry bowl with clean dry beaters on medium-high speed until they hold soft peaks. Stir one-third of the egg whites into the batter, then gently fold in the rest until almost no white streaks remain. Spread the batter over the cranberries.

7. Bake until the top is golden brown and the cake pulls away from the sides of the pan, 30 to 40 minutes. Let cool in the pan on a wire rack for 15 minutes. Run a knife around the edge of the pan and carefully invert the cake onto a serving plate. Let cool for at least 30 minutes more before serving. Serve warm or at room temperature. Garnish with whipped cream, if desired.

SERVES 12: 1 piece each

Cal 296 **Fat** 11g (sat 3g) **Chol** 42mg **Carbs** 47g **Total sugars** 33g (added 30g) **Protein** 3g **Fiber** 2g **Sodium** 151mg **Potassium** 94mg

Alice Waters **CHEF, AUTHOR & ACTIVIST**

By the time we got our start, Alice Waters had already been at the stove of Chez Panisse for two decades, popularizing farm-to-table cooking. She has shared her passions with us over the years, most recently about the groundbreaking Edible Schoolyard Project, which she founded in 1995. This Cranberry Upside-Down Cake was part of a harvest dinner for a 2009 story about a Massachusetts farm that donates all its crops to fight food insecurity.

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Black Bass Packets in Curry-Coconut Broth

ACTIVE: 30 min **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate broth (Step 1) for up to 2 days. Refrigerate packets (Step 4) for up to 6 hours. **EQUIPMENT:** Heavyweight plastic wrap

Tender blanched Savoy cabbage leaves make a wrapper for the bass and julienned vegetables. The packet traps the steam inside to keep the fish moist while it cooks and makes for a stunning presentation when nestled into the broth. ***(Recipe by Eric Ripert, 1998; photo: page 64.)***

BROTH

- 1 teaspoon canola oil
- 2 cloves garlic, minced
- 1 medium shallot, finely chopped
- 1 stalk fresh lemongrass, trimmed and thinly sliced
- 2 cups bottled clam juice
- ¾ cup water
- 2 tablespoons unsweetened coconut milk
- 2½ teaspoons curry powder
- Pinch of sugar
- Pinch of salt

BASS PACKETS

- 8 large leaves Savoy cabbage
- ⅓ cup finely julienned carrot
- ⅓ cup finely julienned fennel
- 4 shiitake mushrooms, stemmed and thinly sliced
- 8 fresh tarragon leaves
- 1 pound black bass *or* red snapper, skinned and cut into 4 portions
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 small tomato, seeded and cut into ¼-inch-wide strips
- 1 scallion, white and light green parts only, thinly sliced
- Juice of ½ lime

1. To prepare broth: Heat oil in a medium saucepan over medium-low heat. Add garlic, shallot and lemongrass and cook, stirring, for 1 minute. Add clam juice, water, coconut milk and curry powder. Bring to a boil, reduce heat to medium and cook for 10 minutes. Remove from heat and let stand for 5 minutes. Season with sugar and salt. Set aside.

2. To prepare bass packets: Bring a large pot of water to a boil. Have a bowl of ice water nearby. Blanch cabbage leaves in boiling water until pliable, 2 to 3 minutes. With tongs, immediately transfer the leaves to the ice water. Drain, pat dry and set aside.

3. Bring a small saucepan of water to a boil. Cook carrot just until tender, about 1 minute. With a slotted spoon, transfer to a bowl. Cook fennel just until tender, about 3 minutes. Add to the carrot. Cook shiitakes for 30 seconds. Drain and toss with the carrot mixture.

4. Trim the tough center stem from each cabbage leaf. Lay a 16-inch-long sheet of heavyweight plastic wrap on a work surface and place 2 cabbage leaves in the center, overlapping them by about 2 inches. Arrange one-fourth of the carrot mixture across the center of the cabbage. Top with 2 tarragon leaves. Place a piece of fish on top and sprinkle with ¼ of the salt and pepper. Wrap the cabbage leaves around the bass, roll up the packets in plastic and twist the ends tightly; trim excess plastic with scissors. Repeat with the remaining cabbage leaves, vegetables, tarragon and bass.

5. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add the packets and steam until cooked through, 10 to 15 minutes. *(See Tip, below.)*

6. Bring the reserved broth back to a boil. Unwrap the packets (discard the plastic) and cut each one in half. Place 2 halves in each of 4 shallow bowls and ladle the broth around them. Garnish with tomato, scallion and lime juice. Serve immediately.

SERVES 4: 1 packet each

Cal 169 **Fat** 4g (sat 1g) **Chol** 53mg **Carbs** 9g **Total sugars** 3g (added 0g) **Protein** 25g **Fiber** 3g **Sodium** 433mg **Potassium** 806mg.

TIP: To test for doneness, insert a metal skewer into the fish, then touch the tip to your wrist. If it's warm but not hot, the fish is properly cooked.

In 1993, G. Franco Romagnoli gave *EatingWell* readers a peek into the kitchens of home cooks on the Aeolian Islands of Italy. Later that decade, we stopped in Vietnam, Turkey, Benin and Brazil. In 2004, we tasted Raghavan Iyer's Ginger-Coconut Chicken and Rice Pilaf with Lime & Cashews, dishes his grandmother taught him when he was growing up in Mumbai. Stories and recipes from destinations near and far have always been, and still are, central to this magazine. Our founders believed in the joy of traveling for food. They loved cooking cuisines from all corners of the globe. And they also thought that when you try dishes that are new to you, you often find yourself ditching old, less healthy habits. Here's a taste of some of our global wanderings from over the years.

A WORLD OF FLAVO

PHOTOGRAPHY BY
PENNY DE LOS SANTOS

"ROSA PERA BOTRES MAKES TLACOYOS AT HER TINY STAND IN THE CENTRO HISTÓRICO. LIKE HER MOTHER BEFORE HER, SHE GRINDS HER BEANS ON THE METATE, A TABLE TRADITIONALLY MADE OF LAVA ROCK."

FROM "MEXICO CITY IN 7 DISHES" BY LESLEY TELLEZ, 2017

BEAN TLACOYOS, PAGE 78

ITALY

FROM "A TASTE OF THE AEOLIAN ISLANDS"
BY G. FRANCO ROMAGNOLI, 1993

Pasta cui Vruccoli Ariminata
(Lina's Pasta & Broccoli)

ACTIVE: 40 min **TOTAL:** 50 min

With bold ingredients like garlic, anchovies and cayenne pepper, not to mention the sweet ones like raisins, the only subtle aspect to this lusty dish is the flavor of the broccoli. Between the pasta and a hearty, vegetable-flecked tomato sauce, this dish is a meal all by itself.

- **1 pound broccoli**
- **1 teaspoon salt plus ⅛ teaspoon, divided**
- **1½ teaspoons olive oil**
- **1 medium onion, thinly sliced**
- **1 clove garlic, crushed and peeled**
- **4 anchovy fillets, rinsed and minced**
- **¼ cup dry white wine**
- **1 tablespoon chopped fresh basil**
- **⅛ teaspoon cayenne pepper**
- **¾ cup canned tomato sauce**
- **2 tablespoons golden raisins, soaked in warm water**
- **2 tablespoons pine nuts**
- **Ground pepper to taste**
- **6 ounces whole-wheat penne *or* ziti**
- **3 tablespoons freshly grated Pecorino Romano cheese**

1. Fill a large saucepan with 2 quarts of water and bring to a boil. Cut the tops off the broccoli and separate into small florets. Trim the tough ends from stalks. Peel the stalks down to the pale green center and dice.

2. Add the broccoli and 1 teaspoon salt to the boiling water. Cook until tender, about 5 minutes. Scoop out the broccoli with a slotted spoon and set aside. Reserve the cooking water.

3. Heat oil in a large skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 2 minutes. Add anchovies and cook, stirring, for 1 minute. Add wine, basil and cayenne and cook, stirring, for 30 seconds. Add tomato sauce and cook, stirring, for 2 minutes. Add the broccoli and lightly mash with a wooden spoon. Reduce heat and simmer for about 10 minutes, stirring occasionally. The sauce should have a soupy, chunky consistency. Thin with a little of the cooking water, if necessary.

4. Drain raisins and add to the sauce along with pine nuts. Remove the garlic clove. Season the sauce with the remaining ⅛ teaspoon salt and pepper and keep warm over low heat.

5. Return the broccoli-cooking water to a boil. Add pasta and cook according to package directions. Drain and stir the pasta into the sauce. Cook until heated through, 1 to 2 minutes. Serve topped with cheese.

SERVES 4

Cal 291 **Fat** 7g (sat 1g) **Chol** 7mg **Carbs** 47g **Total sugars** 7g (added 0g) **Protein** 12g **Fiber** 8g **Sodium** 622mg **Potassium** 650mg.

Gomen
(Ethiopian-Style Collard Greens)

ACTIVE: 1 hr **TOTAL:** 1 hr

These collards can be served as a vegan main dish or as a hearty side. If possible, serve with injera, the traditional crepe-like bread common in Ethiopia. Go to eatingwell.com *for a recipe.* ***(Recipe by Fetlework Tefferi, 2018.)***

- **2 bunches collard greens (1½-1¾ pounds), stemmed and finely chopped**
- **1 cup minced red onion**
- **2 tablespoons water**
- **¼ cup extra-virgin olive oil**
- **2 tablespoons minced fresh garlic**
- **1 medium tomato, very finely chopped (almost pureed)**
- **1 medium jalapeño pepper, sliced**
- **1 tablespoon tikur azmud *(see Tip)*, ground, *or* 1 teaspoon each ground cardamom and cumin**
- **¾ teaspoon sea salt**

1. Bring a large pot of water to a boil over high heat. Add collards and cook until soft, about 15 minutes. Drain well in a colander.

2. Add onion and 2 tablespoons water to the pot and cook over medium heat, stirring often, until the onion is translucent, 4 to 5 minutes. Add oil and garlic and cook, stirring, for 1 minute. Add tomato and jalapeño; cook, stirring a few times, for 5 minutes. Stir in the greens, cover and cook, stirring once or twice, for 10 minutes.

3. Reduce heat to medium-low. Stir in tikur azmud (or cardamom and cumin), cover and cook for 3 minutes. Remove from heat. Stir in salt.

SERVES 6: ⅔ cup each

Cal 126 **Fat** 10g (sat 1g) **Chol** 0mg **Carbs** 8g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 4g **Sodium** 289mg **Potassium** 247mg.

TIP: Tikur azmud, aka black cumin seeds, are often used to flavor breads and clarified butter in Ethiopia.

ETHIOPIA

"WHEN TEFFERI LEFT [ETHIOPIA], HER MOTHER PRESSED A PRECIOUS FAREWELL GIFT INTO HER HANDS: FIVE SMALL BAGS FILLED WITH SPICES. SHE HAD NO INKLING THOSE SPICES WOULD GIVE HER A NEW LIFE."

FROM "SPICE GENIUS" BY CAROLYN JUNG, 2018

CHINA

"IT HAD BEEN MORE THAN SEVEN YEARS SINCE I HAD LAST SEEN WUHAN. THE OLD BUILDINGS PAINTED WITH REVOLUTIONARY SLOGANS IN THE 1970S HAD BEEN REPLACED BY MODERN SKYSCRAPERS ALIGNED WITH BRIGHT LIGHTS. I COULDN'T BELIEVE THIS WAS MY HOMETOWN. I WAS OVERWHELMED WITH EXCITEMENT AND PRIDE."

FROM "THE LAND OF RICE AND FISH"
BY YING CHANG COMPESTINE, 2007

He Bao Dan
(Pocket Eggs with Soy-Sesame Sauce)

ACTIVE: 15 min **TOTAL:** 15 min

In Wuhan, this is a common way of cooking eggs. Serve warm over rice or noodles.

- **2 tablespoons reduced-sodium soy sauce**
- **1 teaspoon toasted sesame oil**
- **1½ teaspoons rice vinegar**
- **1 tablespoon minced scallion greens**
- **4 teaspoons canola oil**
- **4 large eggs**
- **2 teaspoons black sesame seeds**
- **1 tablespoon dried basil**
- **¼ teaspoon ground white pepper**

1. Combine soy sauce, sesame oil, vinegar and scallion greens in a small bowl. Set aside.
2. Heat canola oil in a medium nonstick skillet over medium heat and swirl to coat. Crack 2 eggs each into 2 small bowls.
3. Working quickly, pour 2 eggs on one side of the pan and 2 on the other side. The whites will form one large piece. Sprinkle sesame seeds, basil and pepper over the eggs. Cook until the whites are browned on the bottom and the yolks are firmly set, about 3 minutes.
4. Keeping them in one piece, flip the eggs using a spatula and cook until the whites turn crispy on the other side, 1 to 2 minutes more.
5. Pour the reserved sauce over the eggs. Simmer for 30 seconds, turning the eggs once to coat. Serve in wedges, drizzled with the sauce.
SERVES 4: 1 egg each
Cal 137 **Fat** 11g (sat 2g) **Chol** 186mg **Carbs** 2g **Total sugars** 0g (added 0g) **Protein** 7g **Fiber** 1g **Sodium** 338mg **Potassium** 108mg.

Bean Tlacoyos

ACTIVE: 1 hr **TOTAL:** 1¼ hrs
EQUIPMENT: Rolling pin or tortilla press

Fresh tortilla masa is best for making tlacoyos, but masa harina is a good substitute. Look for both, as well as cactus paddles, at Mexican grocery stores. (Photo: page 74.)

- **1 small white onion**
- **1 teaspoon corn oil *or* sunflower oil**
- **1 medium clove garlic, peeled**
- **1⅔ cups cooked black beans *or* one 15-ounce can low-sodium black beans, rinsed**
- **1½ cups warm water, plus more as needed**
- **¾ teaspoon kosher salt, divided**
- **2 medium fresh cactus paddles (nopales; about 8 ounces), cleaned and diced, *or* one 15-ounce jar pickled cactus strips**
- **1½ cups masa harina *or* 1 pound fresh tortilla masa**
- **1 cup crumbled queso fresco**
- **1 cup chopped fresh cilantro**
- **½ cup salsa**

1. Peel and quarter onion. Finely chop three-quarters of it and set aside.
2. Heat oil in a medium skillet over medium heat. Add the remaining onion wedge and garlic. Cook, turning often, until blistered and golden brown in spots, about 5 minutes. Remove the onion and garlic and discard.
3. Add beans, ¼ cup water and ¼ teaspoon salt. Coarsely mash the beans with a potato masher, adding more water by the tablespoon until half the beans are smooth. Set aside.
4. If using fresh cactus, cook in a saucepan of boiling water until tender, 3 to 5 minutes. Drain and rinse well with cold water. Set aside.
5. Combine masa harina and the remaining ½ teaspoon salt in a large bowl. Add 1 cup water and knead together until combined, then add ¼ cup more water. Knead for 5 minutes, adding up to ¼ cup more water, to form a very soft, moist dough. To test if it's moist enough, break off a piece, roll it into a ball and flatten it. If the edges crack, add more water and knead until combined. (If using fresh masa: Place in a large bowl and sprinkle with a few tablespoons water. Knead firmly, adding a little water if necessary, until very soft and creamy.)
6. Divide the dough into 8 portions, about ¼ cup each, and cover with a damp cloth. Roll one piece of dough into a ball. Place between 2 sheets of plastic wrap and roll into a 5-inch circle with a rolling pin or very lightly press with a plastic wrap–lined tortilla press.
7. Remove the top layer of plastic and spread 1½ tablespoons of the beans down the center of the dough. Using the sheet of plastic to help, fold both sides of the dough toward the center to enclose the filling. Pinch the seam closed. Place between sheets of plastic or return to the lined tortilla press. Roll or flatten into a ¼-inch-thick oval patty. Repeat with the remaining dough and beans. *(See photos on page 104.)*
8. Heat a large skillet or griddle over medium-high heat. When hot, reduce heat to medium and cook 2 tlacoyos at a time until the sides look slightly dry, 2 to 4 minutes. Flip and cook until the second side is golden brown, 2 to 4 minutes more, adjusting the heat as necessary. Wrap tightly in foil to keep warm.
9. Serve the tlacoyos warm, topped with the reserved onion and cactus (or pickled cactus), cheese, cilantro and salsa.
SERVES 8: 1 tlacoyo each
Cal 195 **Fat** 5g (sat 2g) **Chol** 11mg **Carbs** 30g **Total sugars** 2g (added 0g) **Protein** 9g **Fiber** 6g **Sodium** 343mg **Potassium** 291mg.

STYLING: JUDY K M (FOOD), MEGAN KRIEMAN (PROPS)

Kadhai Murghi
(Wok-Seared Chicken & Vegetables)

ACTIVE: 35 min **TOTAL:** 35 min

EQUIPMENT: Spice grinder or mortar and pestle

Because the cooking happens quickly it's a good idea to measure out and prepare all the ingredients in this recipe before you fire up the wok.

- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 tablespoon cornstarch
- ¾ teaspoon salt
- ½ teaspoon ground turmeric
- 1 pound boneless skinless chicken breasts, trimmed and cut into 1-inch cubes
- 3 tablespoons canola oil, divided
- 2 large carrots, sliced ¼-inch-thick
- 1 large green bell pepper, cut into 1-inch cubes
- 1 small red onion, cut into ½-inch cubes
- 4 large cloves garlic, thinly sliced
- 3 dried red chiles, such as Thai, cayenne or chile de arbol, stemmed
- 1 tablespoon lime juice
- ½ cup firmly packed fresh mint leaves, finely chopped

1. Grind coriander, cumin and fennel seeds in a spice grinder or with a mortar and pestle until the mixture resembles coarsely ground pepper. Transfer to a medium bowl and add cornstarch, salt and turmeric; stir to combine. Add chicken and stir until coated with the spice mixture.

2. Preheat a large flat-bottom wok or cast-iron skillet over high heat. Add 2 tablespoons oil. When the oil is shimmering, add carrots, bell pepper, onion, garlic and chiles. Cook, stirring, until the vegetables begin to brown, 4 to 6 minutes. Transfer to a plate.

3. Reduce heat to medium-high and add the remaining 1 tablespoon oil to the pan. Add the chicken and seasonings from the bowl and cook, stirring, until no longer pink in the middle, 3 to 4 minutes. Stir in the vegetables, lime juice and mint and cook until heated through, about 30 seconds.

SERVES 4, 1¼ cups each

Cal 271 **Fat** 14g (sat 2g) **Chol** 68mg **Carbs** 13g **Total sugars** 4g (added 0g) **Protein** 25g **Fiber** 4g **Sodium** 524mg **Potassium** 712mg

INDIA

"FRESH VEGETABLES, LEGUMES, BREADS, YOGURT, RICE AND OTHER GRAINS VIE FOR PROMINENCE AT MEALTIME, MAKING NORTHERN INDIAN CUISINE INHERENTLY HEALTHY."

FROM "UNFORGETTABLE FLAVORS" BY RAGHAVAN IYER, 2008

Salads show up in nearly every issue, so we've accumulated more than 1,000 recipes for them in our archives. And over the decades, we've devoted entire features to the topic, from Deborah Madison's hearty main-course vegetarian salads in the '90s to salad-topped pizzas in the past decade. Fans on social media are crazy for them too. Their current favorite? Spinach-Strawberry Salad with Feta & Walnuts. Bottom line: We are *seriously* obsessed with salads. Here we tapped magazine staff past and present to find out which ones remain tops on their lists.

SALAD FOR DAYS

PHOTOGRAPHY BY PENNY DE LOS SANTOS

ILLUSTRATIONS BY
MADDY MUELLER & CHRISTINA WANG

SALAD OF AVOCADO & ROMAINE WITH BLACK OLIVE DRESSING

Susan Stuck moved from Alexandria, Virginia, to become *EatingWell*'s second food editor. Salad of Avocado & Romaine with Black Olive Dressing is her favorite from her time at the magazine. "John Willoughby recipes always served up lively combinations that didn't require trips to different markets," she says.

Tangerine & Roasted Beet Salad with Feta & Pistachios

ACTIVE: 45 min **TOTAL:** 1¾ hrs

In California's Ojai Valley, citrus growers have mastered cultivating the tiny Pixie tangerine. We paired recipes by Laraine Perri featuring these flavor bombs with a story about them in our March/April 2016 issue, including this bright salad. Pixies are only available in the spring, but you can make this salad year-round with any variety of tangerine or clementine.

- **2 medium beets, trimmed**
- **4 cups chopped beet greens or chard**
- **8 Pixie tangerines or clementines**
- **1 tablespoon sherry vinegar**
- **¼ teaspoon Dijon mustard**
- **½ teaspoon kosher salt, divided**
- **Ground pepper to taste**
- **6 teaspoons extra-virgin olive oil, divided**
- **¼ cup crumbled feta cheese**
- **¼ cup coarsely chopped toasted unsalted pistachios**

1. Preheat oven to 375°F.

2. Scrub beets well; wrap in foil while still wet and place in a small baking pan. Bake until the tip of a knife slips into a beet easily, 1 to 1¼ hours. Let cool, still wrapped, for 15 minutes. Unwrap and let cool for 10 minutes more. Use a paper towel to rub the skins off. Trim off the ends. Cut the beets into wedges or slices. Rinse and drain beet greens (or chard), leaving a little water still clinging to them; set aside.

3. Grate ½ teaspoon zest from 1 tangerine (or clementine). Slice the ends off all the fruit, then slice off the peel and white pith, following the curve of the fruit. Cut the fruit into segments or slices and set aside. Combine the zest with vinegar, mustard, ¼ teaspoon salt and a generous grinding of pepper in a medium bowl. Whisk in 4 teaspoons oil. Add the beets and toss to coat; let stand for 15 minutes.

4. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the greens and remaining ¼ teaspoon salt; cook, gently stirring, until just wilted, 2 to 3 minutes.

5. Divide the greens among 4 salad plates. Top with the beets, fruit, feta and pistachios. Drizzle with any remaining dressing.

SERVES 4: 1 cup each

Cal 227 **Fat** 13g (sat 3g) **Chol** 8mg **Carbs** 26g **Total sugars** 18g (added 0g) **Protein** 6g **Fiber** 5g **Sodium** 325mg **Potassium** 660mg.

Our editor-in-chief **Jessie Price** tested Winter Salad with Toasted Walnuts when she joined the *EatingWell* Test Kitchen in 2003. "What makes this dressing so special is way more shallot than typical plus fragrant walnut oil," Jessie says.

Our food editor **Jim Romanoff** has tasted a lot of salads in the Test Kitchen. One of his favorites is this Tangerine & Roasted Beet Salad. "This salad blasts my senses with a riot of bright colors and flavors."

Patsy Jamieson was our first Test Kitchen director. She styled this salad for the photo when it appeared in the magazine in 2005. "It was my first time trying dates in a salad and I thought they were a great foil for the arugula," she says.

Winter Salad with Toasted Walnuts

ACTIVE: 20 min **TOTAL:** 20 min

In 2004, Deborah Madison waxed poetic about winter ingredients, particularly nuts. "In the chill air of winter, nuts move up to center stage as do their warming, substantial, golden oils—so good with winter salad greens and vegetables, such as shaved fennel, all of which are likely to end up in a salad together," she says. Madison suggested using a mix of lettuces that balance each other here—a mild, tender variety, such as Boston, with a more intense and sturdy green, such as escarole, for instance.

- **1 medium shallot, finely diced**
- **1 tablespoon red-wine vinegar**
- **1 teaspoon Dijon mustard**
- **½ teaspoon salt**
- **¼ cup walnut oil**
- **4 cups mixed salad greens, such as frisée, watercress, Boston, escarole *and/or* curly endive, torn into bite-size pieces**
- **1 Belgian endive, cut crosswise into thin slices**
- **1 small fennel bulb, trimmed and thinly sliced**
- **4 ounces white mushrooms, sliced**
- **¼ cup chopped walnuts, toasted**

1. Combine shallot, vinegar, mustard and salt in a small bowl. Let stand for 5 minutes, then whisk in oil.

2. Combine salad greens, endive, fennel and mushrooms. Drizzle with the vinaigrette and toss to coat well. Sprinkle with walnuts and serve immediately.

SERVES 4: 2 cups each

Cal 211 **Fat** 19g (sat 2g) **Chol** 0mg **Carbs** 10g **Total sugars** 4g (added 0g) **Protein** 4g **Fiber** 5g **Sodium** 354mg **Potassium** 627mg.

Warm Salad with Chicken Paillards & Chèvre

ACTIVE: 45 min **TOTAL:** 45 min

Victoria Abbott Riccardi shared this satisfying dinner salad in a feature on different types of cutlets in 2005. She crumbled nutty aged goat cheese on top—look for it in the specialty cheese section.

- **12 cups baby arugula**
- **8 green olives, pitted and quartered**
- **8 large dates, pitted and quartered**
- **2 medium oranges**
- **1 pound boneless, skinless chicken breasts, trimmed**
- **⅓ cup seasoned Italian breadcrumbs**
- **4 teaspoons extra-virgin olive oil, divided**
- **¼ cup frozen orange juice concentrate, thawed**
- **2 tablespoons water**
- **2 tablespoons cider vinegar**
- **2 tablespoons Dijon mustard**
- **⅛ teaspoon salt**
- **Ground pepper to taste**
- **3 ounces aged or fresh goat cheese, crumbled**

1. Place arugula, olives and dates in a large bowl. Slice the ends off oranges, then slice off the peel and white pith, following the curve of the fruit. Cut the fruit into segments and add to the salad.

2. Lay each chicken breast between 2 large pieces of plastic wrap. Gently pound with the smooth side of a meat mallet or a heavy saucepan until ¼ inch thick. Place breadcrumbs on a large plate and dredge the chicken in them.

3. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half of the chicken; cook, turning once, until golden and just cooked through, about 2 minutes per side. Transfer to a platter, cover and keep warm. Reduce heat to medium and repeat with the remaining 2 teaspoons oil and chicken.

4. Add orange juice concentrate, water and vinegar to the pan. Stir in mustard and let the dressing boil for 30 seconds. Season with salt and pepper. Add half of the dressing to the salad; gently toss to mix.

5. Serve the chicken over the salad, topped with goat cheese and the remaining dressing.

SERVES 4: 3 oz. chicken & 3 cups salad each

Cal 427 **Fat** 18g (sat 7g) **Chol** 85mg **Carbs** 35g **Total sugars** 25g (added 0g) **Protein** 34g **Fiber** 5g **Sodium** 662mg **Potassium** 828mg.

If there's ever a question about a story from the past, our managing editor/human database **Wendy Ruopp** is the go-to person to ask. Wendy's pick is the Peasant Salad because "The mix of tender potatoes, bristly-curly frisée, crouton crunch and mellow-tangy dressing is so appealing."

Peasant Salad

ACTIVE: 30 min **TOTAL:** 30 min

In 1998, we did our first story about pairing craft beer and food. We visited Dock Street Brasserie in Philadelphia, where executive chef Olivier De Saint Martin served up food, like this salad, that had more in common with Parisian bistros than brew pubs. Try it with an American pale ale.

- **2 medium yellow potatoes, peeled and sliced ⅛-inch thick**
- **2 slices bacon**
- **¼ cup brewed black tea**
- **3 tablespoons lemon juice**
- **1 tablespoon canola oil**
- **1 teaspoon red-wine vinegar**
- **½ teaspoon salt**
- **Ground pepper to taste**
- **1 head frisée *or* other chicory, torn**
- **2 heads Belgian endive, cut on the diagonal into wide strips**
- **1 large red *or* yellow tomato, seeded and diced**
- **1 cup croutons**
- **½ cup chopped fresh parsley**
- **¼ cup crumbled Roquefort *or* other blue cheese**

1. Place potatoes in a medium saucepan and cover with water by 1 inch. Bring to a boil over high heat and cook until just tender, 8 to 10 minutes. Drain and transfer to a large bowl.
2. Cook bacon in a small skillet until crisp. Drain on a paper-towel-lined plate. Crumble over the potatoes.
3. Whisk tea, lemon juice, oil and vinegar in a small bowl until blended. Season with salt and pepper. Pour the dressing over the potatoes and bacon and toss to coat. Add frisée (or chicory), endive, tomato, croutons, parsley and cheese; toss well. Serve immediately.

SERVES 6: about 2 cups each
Cal 111 **Fat** 5g (sat 1g) **Chol** 3mg **Carbs** 16g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 2g **Sodium** 313mg **Potassium** 191mg.

Salad of Avocado & Romaine with Black Olive Dressing

ACTIVE: 20 min **TOTAL:** 20 min

John Willoughby helped to launch Cooks Illustrated, *was executive editor at* Gourmet *and has authored several cookbooks, including* Big Flavors of the Hot Sun, *from which this salad was adapted for a March/April 1995 story about olives.* (Photo: page 81.)

- **3 tablespoons orange juice**
- **2 tablespoons extra-virgin olive oil**
- **¼ cup pitted Kalamata *or* other brine-cured black olives, coarsely chopped**
- **1 clove garlic, finely chopped**
- **1 teaspoon granulated sugar**
- **¼ teaspoon salt**
- **Ground pepper to taste**
- **1 firm ripe avocado, thinly sliced**
- **½ small red onion, very thinly sliced**
- **½ head romaine lettuce, thinly sliced**

1. Whisk orange juice, oil, olives, garlic and sugar in a medium bowl. Season with salt and pepper. Add avocado and onion; toss lightly to coat.
2. Spread romaine on a serving platter. Top with the avocado mixture.

SERVES 4: 2 cups each
Cal 192 **Fat** 17g (sat 2g) **Chol** 0mg **Carbs** 11g **Total sugars** 4g (added 1g) **Protein** 2g **Fiber** 5g **Sodium** 268mg **Potassium** 484mg.

GARLIC LOVE

Amore Garlic Paste is an ideal replacement for chopped garlic in any recipe by substituting 1-1½ teaspoons for each garlic clove. Use just what you need and the rest stays fresh in the tube.

SPONSORED BY AMORE

STYLING: JUDY K M (FOOD), MEGAN KRIEMAN (PROPS)

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FIXER-UPPERS

PHOTOGRAPHY BY
JENNY HUANG

FIXED

We swapped tahini for some of the butter in this classic cookie *(page 91)*, which helps lower the saturated fat by more than half.

We've been making your favorite recipes healthier ever since our charter issue, when we tapped healthy-cooking guru and *New York Times* columnist Martha Rose Shulman to write a story called "Rx for Recipes." In it she implored readers: "Interrogate your recipe." Some of the questions she suggested: "Does the oil or butter content look too high?" "Could the ingredients be steamed instead of fried?" In later years, readers sent in "sick" recipes in need of curing. We went on to rehab all sorts of family faves, from chicken divan to banana cream layer cake. The latter was submitted by Hilda Pitman, owner of an Alabama hunting lodge. She wanted a healthier version to serve to her guests who, she said, "have become more conscious of the cholesterol and fat content of their food." That recipe was one of nearly 200 featured in our 2009 cookbook, *Comfort Foods Made Healthy,* which nabbed a James Beard Award nomination. Here, some of our favorites from the past three decades.

FIXED

We've done several eggplant Parms over the years, the first of which was in 1995 when low-fat was all the rage in nutrition science. The eggplant was breaded using only egg whites and the amount of cheese was a little, well, sad. But the bones of the recipe were great, so we decided to revisit this version. Using whole eggs and increasing the amount of cheese adds just 1½ grams of sat fat while still eliminating 180 calories per serving compared to typical recipes.

Eggplant Parmesan

ACTIVE: 25 min **TOTAL:** 45 min

Here we bake breaded eggplant for crispy results with fewer calories to boot. ***(Recipe by Adam Dolge, based on a makeover from 1995.)***

- Canola *or* olive oil cooking spray
- 2 large eggs
- 2 tablespoons water
- 1 cup panko breadcrumbs
- ¾ cup grated Parmesan cheese, divided
- 1 teaspoon Italian seasoning
- 2 medium eggplants (about 2 pounds total), cut crosswise into ¼-inch-thick slices
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 24-ounce jar no-salt-added tomato sauce
- ¼ cup fresh basil leaves, torn, plus more for serving
- 2 cloves garlic, grated
- ½ teaspoon crushed red pepper
- 1 cup shredded part-skim mozzarella cheese, divided

1. Position racks in middle and lower thirds of oven; preheat to 400°F. Coat 2 baking sheets and a 9-by-13-inch baking dish with cooking spray.

2. Whisk eggs and water in a shallow dish. Mix breadcrumbs, ¼ cup Parmesan and Italian seasoning in another shallow dish. Dip eggplant in the egg mixture, then coat with the breadcrumb mixture, gently pressing to adhere.

3. Arrange the eggplant in a single layer on the prepared baking sheets. Generously spray both sides of the eggplant with cooking spray. Bake, flipping the eggplant and switching the pans between racks halfway, until the eggplant is tender and lightly browned, about 30 minutes. Sprinkle with salt and pepper.

4. Meanwhile, mix tomato sauce, basil, garlic and crushed red pepper in a medium bowl.

5. Spread about ½ cup of the sauce in the prepared baking dish. Arrange half the eggplant slices over the sauce. Spoon 1 cup sauce over the eggplant and sprinkle with ¼ cup Parmesan and ½ cup mozzarella. Top with the remaining eggplant, sauce, Parmesan and mozzarella.

6. Bake until the sauce is bubbling and the top is golden, 20 to 30 minutes. Let cool for 5 minutes. Sprinkle with more basil before serving, if desired.

SERVES 6: 1½ cups each

Cal 241 **Fat** 9g (sat 4g) **Chol** 83mg **Carbs** 28g **Total sugars** 9g (added 0g) **Protein** 14g **Fiber** 6g **Sodium** 553mg **Potassium** 761mg

FIXED

This bakeshop favorite is usually packed with calories and sugar, thanks to a filling rich with heavy cream and butter. We used a frothy meringue to make our filling, saving 408 calories (no, that is not a typo!) and 28 g added sugar per slice.

French Silk Pie

ACTIVE: 30 min **TOTAL:** 4¼ hrs (including chilling time)
TO MAKE AHEAD: Refrigerate for up to 2 days.
EQUIPMENT: 9-inch deep-dish pie pan
A shot of coffee enhances the pie's chocolate flavor without giving it a detectable coffee flavor. ***(Recipe by Ruth Cousineau, 1997.)***

CRUST
- **30 chocolate wafers**
- **2 tablespoons chopped pitted dates**
- **2 tablespoons water**
- **1 tablespoon canola oil**

FILLING
- **1 tablespoon brewed coffee**
- **1 tablespoon water**
- **1½ teaspoons unflavored gelatin**
- **1 large egg**
- **½ cup whole milk**
- **9 tablespoons packed light brown sugar, divided**
- **⅓ cup unsweetened cocoa powder, preferably Dutch-process**
- **2 ounces bittersweet chocolate, chopped, plus shavings for garnish**
- **1½ teaspoons vanilla extract**
- **3 large egg whites, pasteurized if desired**
- **½ teaspoon cream of tartar**
- **1 cup whipping cream**

1. Preheat oven to 325°F. Coat a 9-inch deep-dish pie pan with cooking spray.
2. To prepare crust: Combine chocolate wafers and dates in a food processor; process until finely chopped. Add water and oil and process until moistened. Press into the bottom and up the sides of the prepared pan.
3. Bake until the crust is crisp, about 10 minutes. Cool completely on a wire rack.
4. To prepare filling: Combine coffee and water in a small bowl. Sprinkle gelatin on top.
5. Whisk egg, milk, 3 tablespoons brown sugar and cocoa in a small saucepan until smooth. Cook over low heat, whisking constantly, until thickened and an instant-read thermometer registers 160°F, 5 to 7 minutes. Do not let the mixture come to a simmer. Remove from heat. Add the gelatin mixture and stir until dissolved. Add chocolate and vanilla, stirring until melted. Set aside to cool to room temperature, about 30 minutes.
6. Beat egg whites and cream of tartar in a large bowl with an electric mixer on low speed until frothy. Increase speed to high and beat until soft peaks form. Gradually add 5 tablespoons brown sugar, beating until the meringue is smooth and glossy.
7. Whisk one-fourth of the meringue into the cooled chocolate mixture until smooth. Scrape the chocolate mixture into the remaining meringue and fold in with a whisk. Spoon the filling into the crust and chill until set, about 3 hours.
8. Just before serving, beat cream and the remaining 1 tablespoon brown sugar in a large bowl with an electric mixer until soft peaks form. Spread over the pie and sprinkle with chocolate shavings, if desired.
SERVES 10: 1 piece each
Cal 261 **Fat** 15g (sat 7g) **Chol** 47mg **Carbs** 31g **Total sugars** 21g (added 12g) **Protein** 5g **Fiber** 2g **Sodium** 95mg **Potassium** 160mg

Carrot Cake

ACTIVE: 1 hr 20 min **TOTAL:** 2 hrs 20 min
TO MAKE AHEAD: Store carrot curls (Steps 5-8) airtight at room temperature for up to 1 day.
EQUIPMENT: Parchment paper
Our anniversary deserved a cake, and what cake better represents EatingWell *than one with vegetables? While many carrot cake recipes include pineapple in the batter, we made a jammy filling with it instead to tuck between the layers.* ***(Recipe by Adam Dolge, based on a makeover from 2005.)***

CAKE
- **2 cups whole-wheat pastry flour**
- **2 teaspoons ground cinnamon**
- **2 teaspoons baking soda**
- **½ teaspoon salt**
- **3 large eggs**
- **1¼ cups granulated sugar**
- **¾ cup buttermilk**
- **½ cup canola oil**
- **1 teaspoon vanilla extract**
- **3 cups shredded carrots**

FILLING
- **2 cups chopped fresh pineapple**
- **1 tablespoon granulated sugar**
- **1 tablespoon lemon juice**

CANDIED CARROT CURLS
- **1 large carrot, preferably with greens attached**
- **1 cup granulated sugar**
- **1 cup water**

FROSTING
- **12 ounces reduced-fat cream cheese**
- **¾ cup confectioners' sugar, sifted**
- **1 teaspoon vanilla**
- **½ cup chopped pecans**

1. To prepare cake: Preheat oven to 350°F. Coat two 9-inch round cake pans with cooking spray. Line the bottoms with parchment paper.
2. Stir flour, cinnamon, baking soda and salt in a medium bowl. Whisk eggs, 1¼ cups sugar, buttermilk, oil and 1 teaspoon vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir until just blended. Stir in shredded carrots. Divide the batter between the prepared pans.
3. Bake until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Let cool for 5 minutes in the pan on a wire rack. Loosen the edges and invert the cakes onto the racks. Peel off the parchment and let cool completely, about 1 hour.
4. Meanwhile, to prepare filling: Combine pineapple and 1 tablespoon sugar in a small saucepan; bring to a simmer over medium-high heat. Reduce heat to maintain a simmer,

FIXED

Here we eliminated 23 g of saturated fat per slice by ditching the butter from the frosting—it also lets the tangy cream cheese shine. Plus we greatly reduced the sugar, trimming 46 g of added sugar per serving.

cover and cook until the pineapple is very soft, about 15 minutes. Crush the pineapple with a potato masher and cook, uncovered, until most of the liquid is reduced, 6 to 8 minutes. Remove from heat and stir in lemon juice. Let cool completely, about 30 minutes.

5. To prepare carrot curls: Cut greens from carrot; reserve for garnish, if desired. Using a vegetable peeler, peel the carrot into long strips.

6. Bring sugar and water to a boil in a medium saucepan over medium-high heat. When the sugar has dissolved, add the carrot strips and reduce heat to maintain a simmer. Cook, stirring occasionally, for 15 minutes. Drain the carrot strips in a colander; let cool for 10 minutes.

7. Line a large baking sheet with parchment paper. Spread the carrot strips in an even layer on it. Bake until dry but flexible, about 20 minutes.

8. While the carrot strips are still warm, wind them around the handle of a wooden spoon to make curls. Return the curls to the pan and let cool until crisp, about 5 minutes.

9. To prepare frosting: Beat cream cheese, confectioners' sugar and vanilla in a medium bowl with an electric mixer until smooth and creamy, about 3 minutes.

10. To assemble cake: Place 1 cake layer on a serving platter. Spread the pineapple filling on top. Top with the remaining cake layer. Spread the frosting over the top and sides. Decorate the cake with pecans, the carrot curls and reserved carrot greens, if using.

SERVES 16: 1 piece each
Cal 356 **Fat** 15g (sat 4g) **Chol** 40mg **Carbs** 49g **Total sugars** 29g (added 24g) **Protein** 6g **Fiber** 5g **Sodium** 365mg **Potassium** 240mg.

Oatmeal Chocolate Chip Cookies

ACTIVE: 15 min **TOTAL:** 1 hr
EQUIPMENT: Parchment paper

*Tahini gives this cookie a subtle sesame flavor. **(Recipe by Bruce Weinstein & Mark Scarbrough, 2005; photo: page 87.)***

- **2 cups rolled oats**
- **½ cup whole-wheat pastry flour**
- **½ cup all-purpose flour**
- **1 teaspoon ground cinnamon**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **½ cup tahini**
- **4 tablespoons cold unsalted butter, cut into pieces**
- **⅔ cup granulated sugar**
- **⅔ cup packed light brown sugar**
- **1 large egg**
- **1 large egg white**
- **1 tablespoon vanilla extract**
- **1 cup chocolate chips**
- **½ cup chopped walnuts**

1. Position racks in upper and lower thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper.

2. Whisk oats, whole-wheat flour, all-purpose flour, cinnamon, baking soda and salt in a medium bowl. Beat tahini and butter in a large bowl with an electric mixer until blended into a paste. Add granulated sugar and brown sugar; beat until well combined. Beat in egg, then egg white, then vanilla. Stir in the oat mixture until just moistened. Stir in chocolate chips and nuts.

3. With damp hands, roll 1 tablespoon of the dough into a ball, place on a prepared baking sheet and flatten until squat, but don't let the sides crack. Continue with the remaining dough, spacing the flattened balls 2 inches apart.

4. Bake the cookies, switching pans back to front and top to bottom halfway, until golden brown, about 16 minutes. Cool on the pans for 2 minutes, then transfer to a wire rack to cool. Let the pans cool for a few minutes between batches.

MAKES: about 45 cookies (1 per serving)
Cal 105 **Fat** 5g (sat 2g) **Chol** 7mg **Carbs** 14g **Total sugars** 8g (added 8g) **Protein** 2g **Fiber** 1g **Sodium** 45mg **Potassium** 55mg.

Picnic Oven-Fried Chicken

ACTIVE: 20 min **TOTAL:** 1 hr 35 min
TO MAKE AHEAD: Marinate chicken (Step 1) for up to 8 hours.

*Removing the skin and using our tried-and-true "oven frying" method, where we bread the chicken and then coat it with cooking spray before baking at high heat, eliminates 92 calories and 2 g of saturated fat per serving. **(Recipe by Patsy Jamieson, 2003; photo: page 3.)***

- **½ cup buttermilk**
- **1 tablespoon Dijon mustard**
- **2 cloves garlic, minced**
- **1 teaspoon hot sauce**
- **2½-3 pounds whole chicken legs, skinned and cut into thighs and drumsticks**
- **½ cup whole-wheat flour**
- **2 tablespoons sesame seeds**
- **1½ teaspoons paprika**
- **1 teaspoon baking powder**
- **1 teaspoon dried thyme**
- **⅛ teaspoon salt**
- **⅛ teaspoon ground pepper**
- **Canola *or* olive oil cooking spray**

1. Whisk buttermilk, mustard, garlic and hot sauce in a shallow glass dish. Add chicken and turn to coat. Cover and refrigerate for at least 30 minutes or for up to 8 hours.

2. Preheat oven to 425°F. Line a baking sheet with foil. Coat a wire rack with cooking spray and set it on the baking sheet.

3. Combine flour, sesame seeds, paprika, baking powder, thyme, salt and pepper in a sealable bag. Tapping off excess marinade, place one or two pieces of chicken at a time in the bag and shake. Tap off excess flour; place the chicken on the prepared rack and coat with cooking spray.

4. Bake the chicken until golden brown and an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 40 to 50 minutes.

SERVES 4: 4 oz. chicken each
Cal 284 **Fat** 14g (sat 3g) **Chol** 163mg **Carbs** 6g **Total sugars** 1g (added 0g) **Protein** 32g **Fiber** 1g **Sodium** 226mg **Potassium** 372mg.

STYLING: TYNA HOANG (FOOD), SOPHIE LENG (PROPS)

FIXED

This casserole typically calls for canned soup to make it deliciously creamy—but also loaded with sodium. By making our own sauce (and using less salt), we slash the sodium by 392 mg per serving.

TOTS ALL, FOLKS

Our makeover started with shredded hash browns (also delicious), but Veggie Tots mean we can top this crowd-pleasing casserole with more veg in a shape everyone loves.

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Broccoli, Beef & Tater Tot Hotdish

ACTIVE: 45 min **TOTAL:** 1 hr 40 min
TO MAKE AHEAD: Prepare through Step 5; refrigerate for up to 1 day or freeze for up to 1 month (thaw in the refrigerator for 2 days before baking). Let stand at room temperature for 30 minutes before baking.

Hotdish may be a Minnesota tradition but everyone, everywhere, should add this cheesy casserole to their fall dinner rotation.
(Recipe by Hilary Meyer, 2010.)

- **1½ pounds broccoli, cut into 1-inch florets**
- **2 tablespoons canola oil, divided**
- **1½ pounds 95%-lean ground beef**
- **1 large onion, chopped**
- **2 tablespoons Worcestershire sauce**
- **1 teaspoon garlic powder**
- **1¼ teaspoons salt, divided**
- **4 cups low-fat milk**
- **⅓ cup cornstarch**
- **2 cups shredded sharp Cheddar cheese**
- **¼ teaspoon ground turmeric**
- **4 cups frozen veggie tots *or* tater tots**
- **½ teaspoon ground pepper**
- **Canola *or* olive oil cooking spray**

1. Preheat oven to 450°F.
2. Toss broccoli with 1 tablespoon oil on a baking sheet. Roast, stirring once halfway through, until just soft and browned in spots, about 15 minutes.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add beef and onion and cook, breaking up the beef with a wooden spoon, until the beef is browned and the onion is softened, 10 to 12 minutes. Stir in Worcestershire, garlic powder and ¼ teaspoon salt.
4. Whisk milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often, until bubbling and thickened enough to coat the back of a spoon, 6 to 8 minutes. Remove from heat and stir in Cheddar, ¾ teaspoon salt and turmeric until the cheese is melted.
5. Spread the beef mixture in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the broccoli and pour the cheese sauce evenly over the top. Sprinkle with veggie (or tater) tots, pepper and the remaining ¼ teaspoon salt. Coat the tots with cooking spray.
6. Bake the casserole until it is bubbling and the tots are beginning to brown, about 40 minutes. Let stand for 10 minutes before serving.

SERVES 8: about 1¼ cups each
Cal 446 **Fat** 19g (sat 9g) **Chol** 87mg **Carbs** 28g **Total sugars** 10g (added 0g) **Protein** 33g **Fiber** 4g **Sodium** 760mg **Potassium** 921mg.

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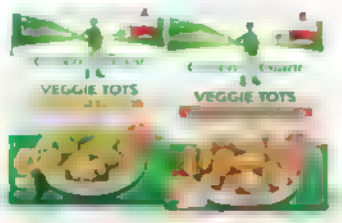

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APPLE

When you name your magazine "EatingWell," it's a given that you're going to devote plenty of space to recipes featuring what's freshest at the moment. So in celebrating our 30th, a nod to our love affair with seasonality was in order. But what tasty October produce to hone in on? The apple was the obvious choice. We have more than 250 apple recipes in our archives and have covered everything from baking with apples to cider makers seeking lost heirloom varieties. And the apple's reputation for keeping the doctor away is actually justified. *(See page 98 to read about some of their health benefits.)* The fruit has so much going for it, in fact, that when we went looking for an icon to integrate into the design of our pages (and sometimes our logo), what did we pick? The apple, of course!

8 TO APPLE

FOOD PHOTOS BY RYAN LIEBE

BARRY ESTABROOK
EATINGWELL
FOUNDING EDITOR

Apple Cider Chicken

ACTIVE: 30 min **TOTAL:** 30 min

Fresh apples and apple cider add a fall feel to this quick chicken sauté. ***(Recipe by Ruth Cousineau, 1998.)***

- **1 pound boneless, skinless chicken breasts, trimmed**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons extra-virgin olive oil, divided**
- **2 medium Granny Smith apples, peeled and thickly sliced**
- **¼ cup finely chopped shallot**
- **1 teaspoon dried thyme**
- **½ cup apple cider**
- **½ cup unsalted chicken broth**
- **1 tablespoon reduced-fat sour cream**
- **1 tablespoon chopped fresh parsley**

1. Season chicken with ¼ teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until browned, about 3 minutes per side. Transfer to a plate.
2. Reduce heat to medium. Add the remaining 1 tablespoon oil, apples, shallot and thyme to the pan. Cook, stirring, until softened, 2 to 3 minutes. Add cider and broth; bring to a simmer. Cook until slightly thickened, about 3 minutes.
3. Return the chicken and any accumulated juices to the pan; adjust heat to maintain a simmer. Cook until an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 3 to 4 minutes. Transfer the chicken to a platter. Stir sour cream, parsley and the remaining ¼ teaspoon each salt and pepper into the sauce. Spoon the sauce over the chicken.

SERVES 4: 3 oz. chicken & ½ cup sauce each
Cal 251 **Fat** 10g (sat 2g) **Chol** 64mg **Carbs** 16g **Total sugars** 12g (added 0g) **Protein** 24g **Fiber** 2g **Sodium** 367mg **Potassium** 338mg.

SAUCY VS SHAPELY

One thing to consider when cooking with apples: Do you want them to cook down to a sauce-like consistency or hold their shape? Maybe your recipe would benefit from a little of both, like in an applesauce or pie? Saucy apple varieties to look for include Cortland, Empire, Macoun, McIntosh, Mutsu (Crispin) and Paula Red. The shapely apple category includes Honeycrisp, Granny Smith, Golden Delicious, Idared, Jonagold, Jonathan, Pink Lady and Northern Spy.

Fresh Apple Squares

ACTIVE: 20 min **TOTAL:** 50 min

One batch of dough does double duty as both the crust and streusel topping to make one of the easiest desserts around. ***(Recipe by Ruth Cousineau, 1998.)***

- **1½ cups all-purpose flour**
- **1 cup old-fashioned oats**
- **1 cup packed light brown sugar**
- **1 teaspoon grated lemon zest**
- **¾ teaspoon baking powder**
- **½ teaspoon salt**
- **½ teaspoon ground cinnamon**
- **¼ teaspoon ground nutmeg**
- **3 tablespoons canola oil**
- **¼ cup apple juice concentrate, thawed**
- **2 medium tart apples, such as Granny Smith, peeled and thinly sliced**
- **¼ cup coarsely chopped walnuts**

1. Preheat oven to 350°F. Coat a 9-inch-square baking pan with cooking spray.
2. Combine flour, oats, brown sugar, lemon zest, baking powder, salt, cinnamon and nutmeg in a large bowl. Work in oil and apple juice concentrate with your fingers until coarse crumbs form.
3. Firmly press 2 cups of the oat mixture into the prepared pan. Arrange apples over the crust in three rows. Mix walnuts into the remaining oat mixture. Sprinkle the walnut mixture evenly over the apples and pat firmly into an even layer.
4. Bake until the top is golden brown and the apples are tender when pierced with a sharp knife, 30 to 35 minutes. Cool completely on a wire rack.

SERVES 16: 1 square each
Cal 160 **Fat** 4g (sat 0g) **Chol** 0mg **Carbs** 29g **Total sugars** 17g (added 13g) **Protein** 2g **Fiber** 1g **Sodium** 100mg **Potassium** 88mg.

AN APPLE A DAY... TAKE A BITE OF THE RECENT RESEARCH

LOWERS YOUR LDL
A new small clinical trial found subjects who ate 2 apples a day for 8 weeks had significantly lower LDL cholesterol levels than those who didn't eat the fruit. The researchers cite apples' fiber, but also polyphenols—you benefit from whole fruit's nutrients working together.

IMPROVES GUT HEALTH
Prebiotics in apples feed good gut bacteria: a recent lab study looked specifically at how we digest the nutrients in whole skin-on apples and found an increase in *Bifidobacteria*, beneficial members of our microbiome.

BOOSTS IMMUNITY
Cornell University scientists are breeding apples for enhanced nutrition, including upping their immune-boosting vitamin C content and levels of plant compounds called dihydrochalcones (DHCs) that help improve glucose metabolism.

DODGES DIABETES
In an extensive review of studies, Tufts researchers noted a strong association of apple eating with diabetes prevention, finding that people who ate one or more apples a day had up to a 23% lower risk of type 2 diabetes than non-apple eaters.

CURBS CANCER
Apples' cancer-fighting antioxidant activity is nearly tops among fruits (second only to cranberries). Eating an apple a day (or more) is linked with lower risk of several cancers, including colorectal, breast and prostate.

—Anne Treadwell

Chai-Spiced Apple Pie

ACTIVE: 1 hr **TOTAL:** 4½ hrs
TO MAKE AHEAD: Refrigerate crust (Step 1) for up to 3 days or freeze for up to 3 months. Store pie at room temperature for up to 1 day.
EQUIPMENT: 9-inch pie pan (not deep-dish)
Ginger, cinnamon, cardamom and cloves give this pie a bold punch of flavor. (Recipe by Summer Miller, 2017.)

CRUST
- **1¼ cups all-purpose flour**
- **1 cup whole-wheat pastry flour**
- **1 teaspoon granulated sugar**
- **¾ teaspoon salt**
- **12 tablespoons (1½ sticks) cold unsalted butter**
- **4-6 tablespoons ice water**
- **1 large egg, lightly beaten with 1 tablespoon water**
- **1 teaspoon demerara sugar**

FILLING
- **½ cup honey**
- **1½ teaspoons vanilla extract**
- **2¼ pounds Granny Smith apples, peeled and thinly sliced**
- **1 tablespoon minced crystallized ginger**
- **1¼ teaspoons ground cinnamon**
- **¾ teaspoon ground cardamom**
- **¼ teaspoon ground cloves**
- **Pinch of salt**
- **3 tablespoons all-purpose flour**

1. To prepare crust: Whisk 1¼ cups all-purpose flour, whole-wheat flour, granulated sugar and ¾ teaspoon salt in a medium bowl. Cut butter into small pieces and quickly rub them into the dry ingredients with your fingers until the pieces are smaller but still visible. Add 4 tablespoons ice water and toss with a fork until evenly moist. Add more water, 1 tablespoon at a time, if necessary. Knead the dough in the bowl a few times—it will still be a little crumbly. Turn out onto a clean surface and knead a few more times until the dough just holds together. Divide in half and shape into 5-inch-wide disks. Wrap each in plastic wrap and refrigerate for at least 1 hour or freeze for up to 3 months.

2. When ready to assemble pie: Preheat oven to 425°F.
3. Let the dough stand at room temperature for 5 minutes. Roll out one disk on a lightly floured surface into a 12-inch circle. Transfer to a 9-inch pie pan (not deep-dish). Prick in several spots with a fork. Refrigerate.
4. To prepare filling: Combine honey and vanilla in a small saucepan and warm over low heat just until the honey thins a bit. Gently toss apples in a large bowl with the honey mixture, crystallized ginger, cinnamon, cardamom, cloves and salt. Sprinkle with flour and stir to combine. Transfer the filling to the pie pan. Moisten the outer edge of the crust with water.
5. To prepare lattice top: Roll out the remaining dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet. Cut the dough into about 12 strips (1-inch). To weave the lattice top, lift off every other strip and lay them on top of the pie, leaving about a 1-inch gap between strips. Fold back the first, third and fifth strips of dough all the way to the edge of the pie. Place a shorter strip of dough across the unfolded strips, about 1 inch from the edge. Unfold the folded strips over that crosswise strip. Fold back the second and fourth strips to the crosswise strip. Place another strip crosswise, about 1 inch from the first. Unfold the strips over that second crosswise strip. Continue alternately folding and placing until the top is covered with woven strips. (You may not use them all.)
6. Trim the crust so it evenly overhangs the edge of the pan by about 1 inch. Tuck the overhang under and press to seal the two crusts together. Crimp the edge with a fork or flute it between your thumb and the side of your index finger. Brush the lattice with the egg wash and sprinkle with demerara sugar.
7. Put the pie in the oven and place a rimmed baking sheet on the rack below it to catch any drips. Bake for 15 minutes.
8. Reduce oven temperature to 375° and continue baking until the crust is golden brown and the juices are bubbling, 40 to 45 minutes. Cool completely on a wire rack.

SERVES 12: 1 slice each
Cal 286 **Fat** 12g (sat 7g) **Chol** 34mg **Carbs** 43g **Total sugars** 21g (added 12g) **Protein** 3g **Fiber** 3g **Sodium** 162mg **Potassium** 109mg.

Caramel Apples

ACTIVE: 15 min **TOTAL:** 45 min
TO MAKE AHEAD: Store in wax paper at room temperature for up to 1 day.
EQUIPMENT: Wooden popsicle or craft sticks
These fall treats have just enough caramel to give a nice hit of salty-sweet flavor in each bite. (Recipe by Patti Cook, 2012; cover photo.)

- **6 firm small apples, such as Eve *or* Paula Red, preferably with smooth skin**
- **⅓ cup packed light brown sugar**
- **¼ cup agave nectar**
- **2 tablespoons unsalted butter**
- **⅛ teaspoon salt**
- **3 tablespoons chopped unsalted nuts, such as peanuts *or* pecans**

1. Line a baking sheet with a silicone baking mat or wax paper. Place apples on the prepared pan. Coat a tablespoon measure with cooking spray.
2. Combine brown sugar, agave, butter and salt in a small saucepan. Place over medium heat; as soon as the syrup starts to bubble around the edges, cook, stirring, for 1 minute. Add nuts and cook, stirring constantly, until the mixture smells nutty and darkens, 1 to 2 minutes more. Remove from heat and let cool, stirring occasionally, for 30 seconds.
3. Working quickly, spoon about 1 tablespoon of the caramel over each apple. Repeat, spooning another tablespoon of caramel over each apple, turning the apple as you pour.
4. Let the apples cool on the prepared pan for 5 minutes. Insert popsicle or craft sticks into the tops. Press any stray strands of caramel back onto the apples. Let cool for at least 30 minutes.

SERVES 6: 1 apple each
Cal 225 **Fat** 6g (sat 3g) **Chol** 10mg **Carbs** 44g **Total sugars** 38g (added 23g) **Protein** 2g **Fiber** 4g **Sodium** 54mg **Potassium** 206mg.

STYLING: SIMON ANDREWS (FOOD); PAIGE HICKS (PROPS)
APPLES, PAGES 94-95: WESTEND61/GETTY IMAGES

Apples require honey bees for pollination, as do one-third of the foods we eat. For every 1,000 apples that they pollinate, bees make 1 pound of honey. This pie incorporates honey along with apples—so when you make it you are supporting bees, beekeepers and farmers.

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SPOTLIGHT ON...

The Mediterranean Diet

Even Sweeter with Honey

Nutrition Profile

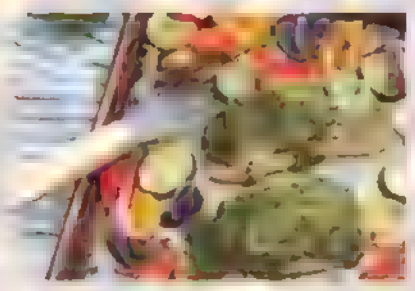
Associated with various positive health outcomes, the Mediterranean diet is recognized in the Dietary Guidelines for Americans as a healthy eating pattern. The diet emphasizes daily intake of fresh, unprocessed foods, such as fruits, vegetables, whole grains, nuts, legumes and good fats, and weekly consumption of fish, beans and eggs. Honey complements these diet staples as a simple, natural sweetener, by balancing the taste of certain bitter veggies and boosting the natural sweetness of others. A versatile ingredient, honey acts as an emulsifier in dressings and can be used in place of other sweeteners in whole-grain baked goods

Usage & Recipe Ideas

Find these Mediterranean recipes on **Honey.com**

Breakfast Tartine

Baked Feta with Honey, Orange, Olives and Thyme



Salmon Sheet Pan Dinner

Shakshuka

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SMARTS FROM OUR TEST KITCHEN

Lubrima Silicone Sponges
$9 for 3, *amazon.com*

"These sponges have serious scrubbing power. And since kitchen sponges have more germs on them than a toilet seat (gross, but true), I appreciate that they're made from food-grade silicone that resists bacteria growth and can be washed again and again in my dishwasher."
—Carolyn Malcoun,
food features editor

Mrs. Meyer's Lemon Verbena Dish Soap
$4, *mrsmeyers.com*

"We always keep Mrs. Meyer's dish soap in the Test Kitchen—it's biodegradable *and* cuts through grease—and I keep a bottle of the lemon verbena in my home kitchen. My 2-year-old daughter never fails to tell me she loves its citrusy smell when 'we' wash dishes together."
—Adam Dolge,
lead recipe developer

We may spend all day developing and testing recipes, but hey, that means we do a lot of cleanup too. Turn the page for more of our Test Kitchen go-tos.

OUR SPARKLE ARSENAL

TED & CHELSEA CAVANAUGH

PROMOTION

LIVING WELL

YOUR GUIDE TO PRODUCTS, PROMOTIONS & SPECIAL EVENTS

CILANTRO & LIME ROASTED FISH

Roasted fish is a foolproof way to prevent overcooking. Keep your seafood delicious and tender using Hellmann's/Best Foods Cilantro Lime Sauce and roast on seasonal vegetables of your choice.

INGREDIENTS

2 tomatoes, chopped
1 zucchini, chopped
2 shallots, quartered and skin removed
1 jalapeño, deseeded and chopped
2 tablespoons extra virgin olive oil
½ grapefruit, sliced in ¼ inch slices
¾ teaspoon of salt, divided
¾ - 1 lb. white flakey fish, such as cod
½ cup **Hellmann's/Best Foods Cilantro Lime Sauce**
2 tablespoons chopped fresh cilantro
2 tablespoons chopped fresh basil
1 lime, halved

METHOD

1. Preheat oven to 425° F. Toss tomato, zucchini, shallots and jalapeño with olive oil and ¼ teaspoon salt. Lay and shingle slices of grapefruit down the center of the tray and place fish on top. Season fish with remaining ½ teaspoon salt.
2. In a small bowl combine Hellmann's/Best Foods Cilantro Lime Sauce with cilantro and basil. Juice lime into the marinade and spread over fish.
3. Bake fish for 15-20 minutes or until fish is opaque and vegetables are tender. Squeeze remaining ½ lime over fish and serve while hot.

HELLMANN'S EST 1913 Best Foods EST 1913

Visit **Promo.EatingWell.com** for information on events and special offers.

OUR SPARKLE ARSENAL

CONTINUED FROM PAGE 103

CleanWell Botanical Disinfectant All-Purpose Cleaner, Lemon Scent ($3, *thrivemarket.com*) "This is my new favorite cleaner for spraying down kitchen surfaces. It kills 99.9% of viruses and bacteria—without harsh chemicals. In fact, it's made with thymol, a natural component found in thyme oil that also gives it a lovely garden scent." *—Breana Killeen, M P.H., R D., Test Kitchen manager*

UNpaper Towels ($16 for 6, *marleysmonsters.com*) "Americans send 18.4 million tons of paper waste to landfills yearly, per the EPA. Since I wipe up spills (what feels like) 24/7, I like these reusable, colorful cloths. They're made from 100% cotton flannel and naturally cling together. I roll them up to keep on what used to be my paper towel holder." *—Devon O'Brien, senior food editor*

McCulloch MC1275 Heavy-Duty Steam Cleaner ($150, *mccullochsteam.com*) "I use this machine—and its 18 clever attachments—to steam-clean and sanitize everything from the kitchen floor and interior of my stove to my barbecue grill grates and outdoor furniture. It's powerful and literally melts away grime." *—Jim Romanoff, food editor*

1 Divide the dough into 8 equal portions, and cover with a damp cloth. Shape one piece of dough into a ball. Using a rolling pin, roll the dough into a 5-inch circle between two sheets of plastic wrap. 2 Remove the top layer of plastic wrap and spread 1½ tablespoons of the bean mixture on the center of the dough. 3 Using the bottom sheet of plastic wrap to help you, fold the sides of the dough toward each other to enclose the filling. Pinch the seam closed. 4 Place the filled dough onto your work surface and gently flatten into a ¼-inch-thick oval patty. Repeat with the remaining dough and beans.

TOP COURTESY CLEAN WELL; JZSQUARED PHOTOGRAPHY; COURTESY MCCULLOCH BOTTOM TED & CHELSEA CAVANAUGH

Ask Breana

What's the best way to chop onions without crying?

I'm all for a good cry, but it is pretty annoying—and, um, dangerous to weep with a knife in your hand. Here are three strategies for damming the floodgates.

Wear Onion Specs My foolproof method for tear-free onion prep? I put on a pair of onion goggles. They may look silly, but they're legit! Basically slimmed-down safety goggles (sold online for under $20), they shield your peepers from lachrymatory factor (LF)—an eye-irritating chemical that onions release when their cell walls are sliced. Contact lens wearers may still appreciate the extra protection. The shades have a foam seal around the frames so nothing gets in.

Chill Out Although you don't want to store onions in a cold spot (they prefer a warmer, dry environment), cooling them down before cutting slows down their LF, making chilled ones easier to chop without tears. Pop your onions in the freezer for 30 minutes or so before you're ready to prep them, or submerge them in a bowl of ice water for 30 to 60 minutes. Note: Both can also mellow out some of the onions' sharpness.

Get to the Root of the Problem The root end of the onion has the highest concentration of LF—so you can actually minimize your exposure to the chemical (and your own tears) by the way you cut the vegetable. Slice off the top and peel away the outer layers, leaving the root end intact while you chop the rest of the onion. A sharp knife will slice more precisely, meaning less damage to cell walls, and speed also helps. The quicker your knife skills, the less time you'll be exposed to LF.

BREANA KILLEEN, M.P.H., R.D., *is the* EatingWell *Test Kitchen manager.*

Hover your phone's camera over this smart code to read Breana's answers to more questions.

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Spice Up Pizza Night

The secret to our two-ingredient pizza dough, plus the toppings that make this fiery pie perfection. **By Adam Dolge**

SELF-RISING FLOUR This flour has salt and a leavener (baking powder) already incorporated, saving you extra steps and helping the pizza dough come together using just two ingredients. Self-rising flour is made from wheat that has less gluten than all-purpose flour and is typically used for tender baked goods like biscuits. We like that it produces a pizza dough that is very pliable and easy to roll out. Since self-rising flour doesn't come in a whole-wheat version, you can make your own by combining ¾ cup white whole-wheat flour, ½ cup all-purpose flour, 1½ tsp. baking powder and ¼ tsp. salt.

GREEK YOGURT As the second element of our pizza dough, Greek yogurt provides the moisture needed to activate the baking powder in the self-rising flour. And the lactic acid it contains gives the crust a tangy, sourdough-like taste.

FRESH MOZZARELLA Sliced fresh mozz melts without getting greasy and stays creamy even when cooked (cue the cheese pull). It has a higher moisture content, softer texture and richer flavor than other types of mozzarella—plus, it typically has about half the sodium as the low-moisture part-skim kind. It's usually sold vacuum-sealed or in a brine.

CALABRIAN PEPPERS These bright, fruity and spicy chiles come from the Calabria region of Italy. They are often sold packed in oil, either whole or chopped, and they have become so popular, you'll find them at many national chains. While there's no substitute for their unique flavor, you can use a big pinch of crushed red pepper flakes to achieve a similar level of heat.

For more recipes using two-ingredient dough, hover your phone's camera over this smart code.

Clam Pizza Fra Diavolo

ACTIVE: 25 min **TOTAL:** 40 min
TO MAKE AHEAD: Refrigerate dough (Step 2) for up to 2 days.
This pizza has all the flavors of the classic spicy pasta thanks to jarred Calabrian peppers.

- **1¼-1½ cups self-rising flour**
- **1 cup low-fat plain Greek yogurt**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons jarred chopped Calabrian peppers**
- **2 cloves garlic, finely grated**
- **1 cup chopped broccoli florets**
- **1 6½-ounce can chopped clams, drained**
- **4 ounces fresh mozzarella, patted dry and torn into bite-size pieces**
- **2 tablespoons grated Parmesan cheese**
- **Chopped fresh parsley for garnish**

1. Position racks in upper and lower thirds of oven; preheat to 450°F. Dust a baking sheet lightly with flour.
2. Combine 1¼ cups self-rising flour and yogurt in the bowl of a stand mixer fitted with a dough hook. Mix on low speed until a smooth ball forms, 3 to 4 minutes, adding more flour as needed. Roll the dough on a lightly floured surface into a 12-inch circle. Transfer to the prepared baking sheet.
3. Stir oil, peppers and garlic in a medium bowl. Spread 3 tablespoons of the mixture over the crust. Add broccoli to the bowl and toss to coat. Scatter the broccoli, clams and mozzarella over the crust.
4. Bake the pizza on the lower rack until the underside is golden brown, 13 to 16 minutes. Move to the upper rack and broil on high until the cheese is bubbly and the crust is well browned, 1 to 2 minutes. Let cool for 5 minutes. Sprinkle with Parmesan and garnish with parsley, if desired.
SERVES 5: ⅕ pizza each
Cal 327 **Fat** 13g (sat 5g) **Chol** 22mg **Carbs** 29g **Total sugars** 2g (added 0g) **Protein** 18g **Fiber** 1g **Sodium** 586mg **Potassium** 286mg.

ILLUSTRATION BY EMMA DIBBEN, PHOTO TED & CHELSEA CAVANAUGH

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
54	Berry Oatmeal Bowl	292	39	0	9	7	10	276							■	■	■	■	■	■
54	Breakfast Sausage Quinoa Bowl	418	26	0	19	7	500	998	26	75	43	377		20	■	■		■		
54	Grits 'n' Bacon	252	33	0	9	2	234	107							■	■		■		
54	Ricotta-Berry Crepes	187	22	0	10	2	172	152							■			■		■
54	Sausage Lentil Bowl	247	24	0	16	8	395	573		46	22				■	■		■		
54	Veggie Sausage English Muffin	214	31	0	12	6	501	139							■			■		■
54	Waffle Breakfast Sandwich	295	35	0	14	3	598	229			31		29		■			■		
Appetizers & Drinks																				
78	Bean Tlacoyos	195	30	0	9	6	343	291	20	23						■		■		■
67	Marinated Yogurt Cheese	41	3	0	2	0	80	78								■				■
48	Pomegranate Gimlets	226	26	17	0	0	6	138								■			■	■
Salads & Sides																				
77	Gomen (Ethiopian-Style Collard Greens)	126	8	0	3	4	289	247		23		69		35		■	■	■	■	■
44	Horseradish-Cheddar Mashed Cauliflower	148	9	0	7	3	317	493		24				82	■	■		■		■
84	Peasant Salad	111	16	0	3	2	313	191						23	■			■		
84	Salad of Avocado & Romaine with Black Olive Dressing	192	11	1	2	5	268	484		38		138			■	■		■	■	■
82	Tangerine & Roasted Beet Salad with Feta & Pistachios	227	26	0	6	5	325	660		23		42		90		■		■		■
44	Wilted Greens with Warm Apple Vinaigrette	247	16	3	6	4	218	347				39		38	■	■		■		■
83	Winter Salad with Toasted Walnuts	211	10	0	4	5	354	627		26		33		20	■	■	■	■	■	■
Vegetarian																				
39	Creamy Spinach Pasta with White Beans	442	65	0	22	12	691	588	37	38	33	87		24	■					■
89	Eggplant Parmesan	241	28	0	14	6	553	761	28						■					■
78	He Bao Dan (Pocket Eggs with Soy-Sesame Sauce)	137	2	0	7	1	338	108							■			■		■
Chicken																				
97	Apple Cider Chicken	251	16	0	24	2	367	338							■	■	■	■		
43	Chicken Sausage with Quick Sauerkraut	264	24	0	14	4	599	272				63		32	■	■		■		
42	Creamy Chipotle Chicken Thighs	273	5	0	22	0	474	226							■	■		■		
79	Kadhai Murghi (Wok-Seared Chicken & Vegetables)	271	13	0	25	4	524	512				135		45	■	■	■	■		
91	Picnic Oven-Fried Chicken	284	6	0	32	1	226	372									■			
67	Terra-Cotta Stewed Chicken	282	11	0	34	3	451	670						25		■		■		
40	Tomato & Feta Stuffed Chicken Breasts	238	3	0	27	0	446	397								■		■		
83	Warm Salad with Chicken Paillards & Chèvre	429	35	0	34	5	662	828	37	28		45		78	■			■		
Fish & Seafood																				
73	Black Bass Packets in Curry-Coconut Broth	169	9	0	25	3	433	806				53	106	20		■		■		
106	Clam Pizza Fra Diavolo	327	29	0	18	1	586	286					71		■			■		
47	Fish Nuggets with Seasoned Sweet Potato Wedges	353	47	0	23	6	678	613			21	428	34	31	■			■		
76	Pasta cui Vruccoli Ariminata (Lina's Pasta & Broccoli)	291	47	0	12	8	622	650		23		74		124			■			
32	Shrimp, Mushroom & Brussels Sprout Wonton Soup	263	31	0	18	3	724	497				70		22	■			■		
68	Sweet & Sour Braised Halibut	276	10	0	33	1	412	928							■	■		■		
Beef, Pork & Lamb																				
92	Broccoli, Beef & Tater Tot Hotdish	446	28	0	33	4	760	921	42	20	20	63		90				■		
31	Chorizo & Potato Empanadas	380	24	0	9	5	368	122												
35	Lamb & Beef Balti	531	58	0	31	6	748	875			29	22			■	■		■		
Desserts & Baked Goods																				
98	Caramel Apples	225	44	23	2	4	54	206							■	■				■
90	Carrot Cake	356	49	24	6	5	365	240				91		20						■
98	Chai-Spiced Apple Pie	286	43	12	3	3	162	109												■
69	Cranberry Upside-Down Cake	296	47	30	3	2	151	94												■
90	French Silk Pie	261	31	12	5	2	95	160												
97	Fresh Apple Squares	160	29	13	2	1	100	88											■	■
91	Oatmeal Chocolate Chip Cookies	105	14	8	2	1	45	55												■

Key to Index & Nutrition Info

■ Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
■ "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
■ "Total" time indicates the entire amount of time required for each recipe, start to finish.

How We Analyze Recipes
■ All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: *eatingwell.com/go/guidelines*
■ Garnishes and optional ingredients are not analyzed.
■ To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice, potatoes) are also ½ cup.

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products.
Vegetarian: Meatless (or meatless options listed first).

Guardians of the Coast

Chris Pallister and his team rescue wildlife habitats from harmful marine debris in the Gulf of Alaska. **By Julie Kendrick**

PHOTO BY PATTY ZWOLLO

At least **40%** of all plastic produced is designed for single-use packaging, such as water bottles. Less than **10%** of all single-use plastics ever get recycled.

SOURCE: GREENPEACE, USA

THE SITUATION In the late 1990s, Chris Pallister flew along with a bush pilot buddy to check out the rugged beauty of the remote outer beaches of the Gulf of Alaska. But what he saw was distressing. "There was so much garbage," he recalls. "It was debris from commercial fishing, plastic drinking bottles, buoys and massive piles of logs. I saw garbage lining the beach 100 yards deep." Not only was the coastline unsightly, he realized that it also was unsafe. "I knew all that plastic was in danger of degrading and being ingested by wildlife."

WHAT HE DID Pallister founded the nonprofit Gulf of Alaska Keeper in 2006 to clean up the waters of his home state. From May to September (inclement weather the rest of the year halts their work), around a dozen crew members visit remote Alaskan beaches—some of which can be accessed only by helicopter—where they remove mountains of garbage, from plastic flip-flops and car tires to huge fishing nets and lines. "It's rough, dangerous work," Pallister says. "We've had challenges from brown bears and injuries that required medevac evacuations." An already-serious environmental situation was compounded by the 2011 earthquake and tsunami that hit Japan, which sent tons of debris across the Pacific to Alaskan beaches. "It's estimated that 80% of the debris from that disaster ended up here, and it's still all over our shorelines," he says. And local wildlife habitually chew or eat this trash: "Not only do we find chewed-up plastic items, we find their scat with plastic particles in it."

WHY IT'S COOL Gulf of Alaska Keeper has removed more than 3 million pounds of trash from over 1,500 miles of coast to date. As a result, miles of salmon spawning streams are now unblocked. The habitats of countless marine species, including orcas and threatened harbor seals, have been restored. Sea and coastal bird species as well as black and brown bears, coyotes and other critters that feed, breed and nest along these shorelines can now do so safely. Janna Stewart, former tsunami marine debris coordinator for Alaska's Department of Environmental Conservation, praises Pallister's commitment to protecting coastal habitats: "It's a monumental job and Chris is one of the most passionate people I've ever met."

EATINGWELL® (ISSN 1046-1639), October 2020, Volume XIX, No. 8, is published 10 times/year in January/February, March, April, May, June, July/August, September, October, November and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. ©Meredith Corporation 2020. All rights reserved. Printed in the U.S.A.

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